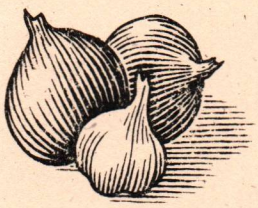
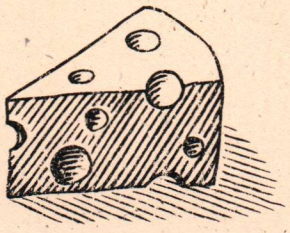
Tastes of Tennessee

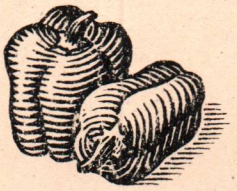


Favorite Recipes from Employees

of the

Tennessee Department of Human Services





2006

APPETIZERS, BEVERAGES, & BREAKFAST

APPETIZERS

Mustard "Jack" Glazed Sausage Bites

Sausage Puffs

Shrimp Ball

Stuffed Mushrooms

BEVERAGES

Burning Bush LeConte Sunrise

Easy Tea Punch

Fruit Tea

Simple Punch

Strawberry Punch

BREAKFAST

Breakfast Casserole

Country Breakfast Casserole

Chocolate Gravy

Homemade Biscuits

APPETIZERS

MUSTARD "JACK" GLAZED SAUSAGE BITES

12 to 14 Appetizer Servings

Submitted by: Michael McMeans, Systems

1 (12-oz.) bottle of chili sauce
1 (8-oz.) jar Dijon mustard
1/2 c. water
2/3 c. Jack Daniels Tennessee Whiskey
1/2 c. firmly packed dark brown sugar
2 (16-oz.) packages of cocktail size smoked sausages

Whisk together first 5 ingredients in a Dutch oven over medium high heat. Bring to a boil; add sausages and return to a boil. Reduce heat to medium and simmer 15 minutes, stirring occasionally. Use a slow cooker on low when serving, if desired.

Alternate: Meatballs
Substitute 1 (32-oz.) package of frozen meatballs for sausages. Increase water to 1 cup. Proceed as directed, increasing simmer time to 35 minutes.

SAUSAGE PUFFS

Great Crowd Pleaser

Submitted by: Dottie Nickels, Morristown Family Assistance Service Center

1 lb sausage (your choice of mild or hot)
1 8-oz pkg. of cream cheese
3 10-count cans of biscuits (Hungry Jack or other "flaky" type)

Brown sausage and drain. Cool. Mix sausage and cream cheese together thoroughly. Refrigerate overnight.

To prepare: Open biscuits and pull each biscuit apart making a total of 60 biscuits. Place one teaspoon of the sausage mixture in center of biscuit. "Pinch" up the sides of the biscuits around the mixture. Place pinched side down on greased cookie sheet. Bake as directed on biscuit package until golden brown. Makes 60 puffs.

SHRIMP BALL

Submitted by: Lydia Tarpy, Shelby County DHS

1 8-oz package of cream cheese
1 small can shrimp, drained
1/2 c. grated cheddar cheese
1 Tbsp. mayonnaise
1 Tbsp. grated onion
dash of hot sauce

Mix softened cream cheese with other ingredients. Form a ball. Cover with cocktail sauce. Serve with crackers.

STUFFED MUSHROOMS

Submitted by: Robert Sullivan, Benton County

6 oz. fat-free cream cheese, softened
1 lb. large firm mushrooms, cleaned
1 Tbsp. minced onions
3 Tbsp. Parmesan cheese

Remove stems from mushrooms, set aside. Sauté mushroom caps in 1 tsp. oil for 3 minutes. Remove caps and set on a tray. Since mushrooms have a lot of water, you have to dry them slightly with paper towel. Chop mushroom stems and sauté them in remaining oil and juice. Add minced onion and cook until mixture is soft and golden. Remove mixture from heat. Stir in Parmesan cheese and cream cheese. Fill each mushroom with mixture; place on small baking sheet and broil until filling bubbles. Cool slightly before serving. Enjoy!

NOTE: Crab meat may be added to filling. If added, use an amount comparable to the chopped mushroom stems.

BEVERAGES

BURNING BUSH LECONTE SUNRISE

Submitted by: Marie Blair, Family Assistance District Director, District 3

8 oz. orange juice
8 oz. apple juice
4 frozen strawberries
2 slices of pineapple
1 frozen banana

In a blender, combine all ingredients. Blend until frothy and serve immediately.

Makes approximately 24 oz. and is a great fruit beverage for breakfast

EASY TEA PUNCH

Submitted by: Joy Carlisle, Robertson County DHS

8 heaping tsp. plain instant tea
2 c. sugar
1 c. Real-Lemon

Mix together in a one-gallon container (a gallon milk jug does fine). Add water to make one gallon. Refrigerate. If Tang or a fruit juice is available, one of these can be added in moderation.

This has been served at luncheons and meetings in the Robertson County DHS office for years.

FRUIT TEA

Submitted by: Patty Etheridge, Vocational Rehabilitation Fiscal

1/2 c. instant tea
2 c. sugar
1 12-oz. frozen lemonade mix
1 small can (6 oz.) pineapple juice

Mix tea and sugar together. Add lemonade mix and pineapple juice. Stir together until sugar is dissolved. Add water to make 1 gallon of tea.

SIMPLE PUNCH

Submitted by: Alison Duffy, Appeals and Hearings

can of concord grape juice
can (same size) of Lime Aid

Mix together for a tart punch. Can add fruit, i.e. lime slices etc.

STRAWBERRY PUNCH

Connie Martin, Hamilton County Family Assistance

4 pkg. Strawberry Kool-aid
3 c. Sugar
4 quarts water

Mix above ingredients. Add one 2-liter ginger-ale. This is a double recipe.

BREAKFAST

BREAKFAST CASSEROLE

Submitted by: Betty Smith, Knox County Family Assistance

Roll out 1 can crescent rolls and place in a 9x13 pan.

½ - 1 pound Sausage (cooked, drained, and crumbled).

In separate bowl mix
10 eggs
¼ cup milk
2 Tbsp mustard
2 Tbsp hot sauce
salt and pepper to taste
diced sweet peppers/onions. if desired

Preheat oven 450°. Roll out 1 can of crescent rolls into a 9 x 13 pan. Put crumbled sausage on top of rolls. Pour egg mixture over sausage. Crumble real bacon bits over egg mixture. Top with 8 oz shredded cheese of your choice. Bake about 30-40 minutes until eggs are cooked. (I check by sticking fork in middle to see if it comes out clean.)

COUNTRY BREAKFAST CASSEROLE

Submitted by: Ruby Lowe, Knox County

Butter
1 loaf of bread
1 lb. sausage (mild)
3 c. sharp cheddar cheese (grated)
8 eggs
4 c. skim milk
salt & pepper

Spread butter on bottom of baking dish. Cube bread and place in baking dish. Cook sausage until done; drain. Crumble cooked sausage over bread. Sprinkle cheese over sausage. Blend 8 eggs and 4 cups skim milk together, adding salt and pepper. Pour over layers in dish. Cover dish and place in refrigerator overnight. Bake at 350° for 1 hour.

CHOCOLATE GRAVY

Submitted by: Sheila Briscoe, Knoxville DHS

1½ c. sugar
2 Tbsp. cocoa (heaping)
5 Tbsp. self rising flour (heaping)
2 c. whole milk
1 tsp. vanilla flavoring

Mix sugar, cocoa and flour together in saucepan. Add milk. Cook on medium heat until thickened like a gravy. Take off of the heat and add the vanilla. Serve with biscuits. I recommend sausage or perhaps bacon to go along with it. This will serve 3-4 people depending on how full you want your bowl! Can easily be doubled or tripled to feed more. Enjoy.

HOMEMADE BISCUITS

2 c. self-rising flour
½ c. shortening
¾ c. milk

Preheat oven to 450°. Grease a baking sheet. In medium bowl, using pastry blender or 2 knives, cut shortening into flour until mixture resembles coarse crumbs. Stirring with fork, add enough milk to make a soft dough and until mixture leaves sides of bowl. On lightly floured surface or pastry cloth, knead gently just until dough is smooth. Roll out to ½-inch thickness; cut with floured 2-inch round cutter. Place biscuits on baking sheet. Bake at 450° for 10-12 minutes or until golden brown.

BREADS AND ROLLS

Banana Bread

Easy Pumpkin Bread

Idiot Rolls

Mexican Cornbread

Monkey Bread

Pecan Pie Mini Muffins

Super Moist Cornbread

Yeast Doughnuts

BANANA BREAD

Submitted by: Michelle Mowery Johnson, Communications

3 very ripe bananas
1 c. sugar
1 c. flour
1 c. pecan meal
1 tsp. baking soda
2 eggs
1 stick butter or margarine
1/2 c. chopped nuts (optional)
1/2 c. chocolate chips (optional)

Melt butter add sugar and cream; add well beaten eggs, flour and pecan meal in which soda has been sifted. Mash bananas and add to mixture. Stir well and add nuts/chips to the mixture if desired. Bake in loaf tin that has been sprayed with cooking spray at 325° or 350° for approximately 50 minutes. Cool in loaf pan.

EASY PUMPKIN BREAD

Submitted by: Anola B. Crunk, Shelby County Family Assistance

11/4 c. oil
4 eggs, lightly beaten
2 c. canned pumpkin
2 c. flour
2 3-oz. boxes **non-instant** coconut pudding and pie filling mix
1 tsp. salt
1 tsp. soda
1 tsp. cinnamon
3/4 c. chopped nuts

Mix oil, eggs and pumpkin. Combine dry ingredients and add to pumpkin mixture. Divide into 2 greased loaf pans, 9 x 5. Bake at 325° for about 1 hour. Moist, tasty bread. Butterscotch non-instant pudding is also good to use.

IDIOT ROLLS

Submitted by: Lisa Bivens, Fiscal Services

2 packages yeast
½ c. lukewarm water
1 stick margarine
2/3 c. shortening
1 c. boiling water
2/3 c. sugar
2 eggs
7 c. self-rising flour

Mix shortening, margarine, and boiling water. Cool completely.

Mix yeast with ½ cup warm water. Mix eggs, sugar, and flour. Then mix both of these together well. Refrigerate until ready to use. Spoon into muffin tin sprayed with Pam. Let rise 1 hour. Bake on 400° until golden brown.

MEXICAN CORNBREAD

Submitted by: Nancy C. DeLong, Lincoln County

1 lb. ground beef or sausage (mild or hot)
1 c. milk
1 c. self-rising corn meal
2 eggs
2 jalapeno peppers, optional (chopped)
1 can cream style corn
1 c. shredded cheddar cheese

Brown beef or sausage and drain. Mix all ingredients together and bake at 450° for 30-45 minutes.

MONKEY BREAD

Submitted by: Teresa Hatcher, Knox County Administrative Office

4 cans biscuits (10 count)
1 ¾ c. sugar
1 ½ Tbsp. cinnamon
1 c. pecans

1 c. sugar
1 ½ sticks butter

Preheat oven to 350°. Grease bundt pan. Cut each biscuit into 4 pieces. In a gallon size plastic bag, (or a bowl), mix the sugar and cinnamon. Add biscuit pieces and toss until covered with sugar mixture. Put a layer of biscuits in a bundt pan, then a layer of pecans. Do this 3 or 4 times. Cook butter and sugar till it boils. Pour over top of biscuits and bake for 40 minutes. Dump out and spoon remaining topping over top. Pull apart and eat like a monkey!

PECAN PIE MINI MUFFINS

Submitted by: Anola B. Crunk, Shelby County Family Assistance

1 c. packed brown sugar
½ c. plain flour
1 c. finely chopped pecans
2/3 c. butter, melted
2 eggs, beaten

Preheat oven to 350°. Mix sugar, flour and pecans. Combine butter and eggs, mixing well. Combine both mixtures and fill greased miniature muffin tins about 2/3 full. Bake for 20-25 minutes. Makes 24. These really do taste like mini pecan pies, especially if eaten warm. Great party snack.

SUPER MOIST CORNBREAD

Submitted by: Angie Duke, Smyrna TRC

2 c. self-rising corn meal
2 c. buttermilk
1 large egg
1 Tbsp. sugar
1/3 c. butter

Stir first four ingredients in bowl. Melt butter in a 10-inch iron skillet in 425° oven for five minutes. Turn to coat skillet. Pour cornbread in skillet. Bake 25 minutes until golden brown at 425°. Remove immediately.

YEAST DOUGHNUTS

Submitted by: Lisa Bivens, Fiscal Services

1 c. Scalded milk
3 Tbsp. sugar
1 package yeast
3 ½ (plus) c. self rising flour
3 tablespoons Crisco shortening
1 tsp. vanilla
1/3 c. warm water
1 egg

Pour scalded milk over shortening, sugar, and egg. Mix and let cool. Dissolve yeast in 1/3 cup of warm water. Add to the above mixture. Add flour starting with 3 ½ cups gradually until dough is correct for working. Form into a ball and let rise for 1 hour in a warm place. Roll out dough and cut into doughnuts. Let rise 30 minutes to an hour. Cook in a deep fryer (or a deep skillet). Glaze immediately while hot.

GLAZE:
1 box powdered sugar
½ stick butter
1/3 c. hot milk
¼ tsp. salt
½ tsp. vanilla
Get butter & milk hot and pour over sugar & salt. Mix this well and add vanilla. Dip doughnuts. WONDERFUL !!!!!!!

COOKIES AND CANDY

Chocolate Oatmeal Cookies

Chocolate Oatmeal Cookies #2

Cornflake Candy

Easy Coconut Cookies

Easy Peanut Butter Cookies

English Toffee Fudge

Hob Knobs (no bake cookies)

Low-Country Cookies

Maggie's Graham Cracker Cookie Bars

Microwave Cashew Brittle

No-Bake Oatmeal Cookies

Peanut Butter Candy

Simple Fudge

Velveeta Cheese Fudge

CHOCOLATE OATMEAL COOKIES

Submitted by: June Vanatta, Fiscal Services

2 c. sugar
1 stick margarine
3 Tbsp. instant cocoa
3 c. oats
1/3 c. peanut butter
1 tsp. vanilla
½ c. milk

Mix sugar, margarine, milk and cocoa. Boil one minute. Remove from heat and add vanilla, peanut butter and oats. Drop by spoonful onto waxed paper. Allow to harden.

CHOCOLATE OATMEAL COOKIES #2

Submitted by: Tony Michael, McKenzie Family Assistance Service Center

1 stick margarine
2 c. sugar
1/4 c. cocoa
1 c. milk
1 teaspoon vanilla flavoring
1/3 c. peanut butter (creamy or crunchy)
3 c. regular oats

Boil together margarine, sugar, cocoa and milk for approximately 2 minutes. (They turn out better if you boil this for 1 minute 57 seconds). Remove from heat and add vanilla, peanut butter, and oats and mix together. Place these on waxed paper to size desired and allow to cool. This will usually make 25 to 30 cookies.

CORNFLAKE CANDY

Submitted by: Margie Jarvis, Meigs County DHS

1 c. sugar
1 c. white corn syrup
10-oz. jar creamy peanut butter
½ c. flaked coconut (optional)
4½ c. cornflakes

Bring sugar and syrup to boil and remove from heat; add peanut butter, coconut (optional) and Cornflakes. Drop by spoonful on foil. Allow to harden.

EASY COCONUT COOKIES

Submitted by: Anola B. Crunk, Shelby County Family Assistance

1 pkg. "Jiffy" Pie Crust Mix
1 pkg. "Jiffy" White Frosting Mix
1/4 c. flour
1/4 tsp. vanilla or coconut extract
1 egg
2 c. shredded coconut

Preheat oven to 350°. In a large bowl, blend all ingredients together well. Roll into 1 inch balls. Place on ungreased cookie sheet about 1 inch apart. Pat down slightly. Bake 10-12 minutes or until lightly browned.

EASY PEANUT BUTTER COOKIES

Submitted by: Dottie Nickels, Morristown Family Assistance Service Center

1 egg
1 c. of sugar
1 c. of peanut butter

Mix all ingredients well. Form into balls the size of walnut and place on cookie sheet. Press with sugarcoated fork tines. Bake at 350° for 12-14 minutes or until golden brown. Allow to cool on the cookie sheet.

ENGLISH TOFFEE FUDGE

Submitted by: Raeann Brink, Knox County

1 can (14 oz.) sweetened condensed milk
2 c. vanilla or white chips
1 c. milk chocolate chips
1 Tbsp. butter
dash of salt
3/4 c. English Toffee Bits

Line a 9-inch square pan with foil and grease. Set aside. In a saucepan, combine milk, vanilla, and chocolate chips, over low heat; cook and stir to melt chips; add butter and salt. Remove from heat. Stir in toffee bits. Pour into pan. Cover and refrigerate for 2 hours or until firm. Remove fudge from foil and cut into 1-inch cubes.

*off brand chips are not recommended.

HOB KNOBS (no bake cookies)

Submitted by: Yvonne Ausbon, Chattanooga DHS

4 c. of sugar
1 c. of cocoa
1 c. of margarine
1 c. of milk
7 c. of quick oatmeal
1 tsp. of vanilla extract
1 c. of crunchy peanut butter

In a large pot, combine the first four ingredients. Cook on medium high until it comes to a rolling boil. Let boil exactly one minute, not one second longer. Remove from heat, add peanut butter and vanilla extract; stir constantly to quickly melt them. Add oatmeal. Stir constantly until all dissolved into the hot liquid mixture. Quickly drop by spoonfuls onto cookie sheets. Once you start the recipe, you can't stop until you are finished. You will have about three cookie sheets full. The cookies should be moist and sticky and delicious. Store in an airtight container.

LOW-COUNTRY COOKIES

Submitted by: Brenda Adams, Washington County

1 16-oz. box graham crackers
12 Tbsp. (1½ sticks) butter
1 c. sugar
1 egg
½ c. milk
1 c. chopped pecans
1 c. coconut
1 c. graham cracker crumbs

Line 13" x 9" pan with whole graham crackers. Melt butter in saucepan; add sugar. Beat egg and milk together; add to butter mixture, and bring to a boil, stirring constantly. Remove from heat. Add nuts, coconut, and 1 c. graham cracker crumbs. Pour mixture over crackers in pan. Cover mixture with another layer of whole graham crackers. Prepare topping.

Topping:

2 c. powdered sugar
1 tsp. vanilla
4 Tbsp. butter
3 Tbsp. milk

Beat all ingredients together and spread over top layer of graham crackers. Chill. Cut into squares.

MAGGIE'S GRAHAM CRACKER COOKIE BARS

Submitted by: Anola B. Crunk, Shelby County Family Assistance

1½ stack packs of graham crackers (can use saltine crackers but they are not as good)
2 sticks margarine
½ c. sugar
1 c. chopped pecans

You will need a 15x10 jelly-roll pan--it is about 1 inch deep. Spray it with Pam. Break (or cut with a sharp knife) the graham crackers (each piece will be about 1 by 3 inches when you break on the perforated line) and line the pan with them. Do not overlap, but place them side by side in the pan. Melt the margarine on medium heat and then add the sugar and nuts, stirring well. Let boil for 3 minutes, stirring occasionally. Pour over the graham crackers and spread the mixture over the crackers so the nuts are distributed evenly. Bake in a preheated 350° oven for about 8-10 minutes. Let cool in pan and then break apart. These are really easy and popular.

MICROWAVE CASHEW BRITTLE

Submitted by: Teresa Hatcher, Knox County Administrative Office

1 can (9.5 ounces, or 2 cups)
roasted, salted cashew halves with pieces
1 c. granulated sugar
½ c. light corn syrup
1 tsp. butter
1 tsp. vanilla
1 tsp. baking soda

In a 2-quart microwave-safe bowl (preferably a 2-quart glass measure with handle), stir together the nuts, sugar and corn syrup. Microwave, uncovered, at high, until mixture is light brown, about 6 to 8 minutes; stir well, halfway through. Meanwhile, grease a cookie sheet well with butter and set aside. Using oven mitts, remove nut mixture from the oven. (It will be very hot.) Stir in butter and vanilla. Continue to microwave, at high, 1 ½ to 2 more minutes. The mixture should become caramel colored. Use oven mitts to remove the mixture from the microwave. Add baking soda. Stir quickly until light and foamy and baking soda is thoroughly mixed in. Immediately (and very carefully) pour onto prepared cookie sheet and use the back of a spoon to spread out as quickly as possible. (The brittle will be fairly thick.) Let brittle stand until completely cool, about 30 minutes. Break into pieces and serve. Store leftovers in an airtight container, preferably a tin, up to two weeks, depending on the humidity. Makes about sixteen 2 ½- by-3-inch pieces.

NO-BAKE OATMEAL COOKIES

Submitted by: Leslie Hickman, Sequatchie County

2 c. sugar
1/2 c. milk
1 stick margarine
4 Tbsp. cocoa

Stir in saucepan. Bring to boil (cook over medium heat); continue boiling 1½ minutes after mixture has reached a full rolling boil. Remove from heat.

2½ c. quick-cooking oatmeal
1/4 c. chopped nuts (optional)
2 tsp. vanilla
½ c. peanut butter

Blend together with first mixture. Beat well; drop by teaspoon onto waxed paper.

PEANUT BUTTER CANDY

Submitted by: Michele Skinner, Robertson County Families First

1 box confectioner's sugar
1 can Eagle Brand Condensed Milk
peanut butter-creamy

Mix confectioners sugar with the condensed milk to form a ball, like biscuits. Roll out and smooth peanut butter on it. Roll up like a jelly-roll in wax paper and freeze. Cut and enjoy!

SIMPLE FUDGE

Submitted by: June Vanatta, Fiscal Services

1 12-oz. package chocolate chips
1 can ready-to-spread cake icing

Melt chocolate chips in microwave. Add icing; mix thoroughly. Pour into square baking dish. Refrigerate 2 hours.

VELVEETA CHEESE FUDGE

Submitted by: June Vanatta, Fiscal Services

1 lb. margarine or butter
1 lb. Velveeta Cheese
1 c. cocoa
4 Tbsp. powdered sugar
2 c. chopped nuts
2 tsp. vanilla

Melt margarine and cheese together. Mix in remaining ingredients. Spread in greased pan. Cool. Cut in squares. Keep refrigerated. Makes enough for a large party.

DESSERTS

Angel Lush

Aunt Ruth's Pound Cake

Banana Liqueur Cake

Barbara's Easy Cheesecake

Blackberry Jam Cake

Brownies

Butter Pecan Ice Cream

Buttermilk Cake

Buttermilk Chess Pie

Cheesecake

Chocolate Chess Pie

Chocolate Chip Pie

Chocolate Chip Pound Cake

Chocolate Cobbler

Chocolate Pecan Pie

Chocolate Stack Cake

Chocolate Syrup Cake

Coal Miner's Daughter Cake

Cool Banana Pudding

Dump Cake

Doughnut Bread Pudding

Famous Chocolate Refrigerator Roll

Fruit Cake

Easy Fruit Cobbler

Fruit Trifle

Georgia pecan Pie

Heath Bar Pie

Hide and Seek Treats

Granny's Banana Pudding

Jack Daniels Pie

Ice Cream Dessert

Johnnie Fay's Fruit Cake

Lemon Pie

L B J Cake

Mama's Carrot Cake

Mix In the Pan Brownies

Moon Drop Cake

No Sugar Added Chocolate Pie

Oreo Balls

Peach Pie

Peanut Butter-Banana Pudding

Peanut Butter Pie

Shoney's Strawberry Pie

Snickers Cake

Soda Cracker Cake

Strawberry Cake

Sweet Potato Cake

Swiss Chocolate Cake

Tennessee Cornbread (Lemon Cake)

Texas Chocolate Cake

Vanilla Wafer Cake

ANGEL LUSH

Submitted by: Sandra Thompson, Campbell County

1 (20oz) can crushed pineapple (undrained), no sugar added
1 container of Fat Free Cool Whip
1 small box instant pudding (vanilla) low-fat
1 angel food cake (low-fat)

Divide angel food cake into three layers. Mix the pineapple, cool whip and pudding together and spread between each layer, as well as on the cake's top layer. Make sure to allow the mixture to set for about 30 min. in the fridge before putting on the cake; it will help to set up some. Add strawberries to the top of cake. Wonderful low-fat dessert!

AUNT RUTH'S POUND CAKE

Submitted by: Dottie Nickels, Morristown Family Assistance Service Center

10 eggs
1 lb. of butter (must be real butter - not margarine)
3 c. of sugar
3 c. of flour

Eggs and butter should be at room temperature. Blend sugar and butter until light and fluffy. Add eggs and flour alternately, beginning and ending with eggs. Mix thoroughly after each addition. Pour into a greased and floured tube pan. Bake at 350° for 1 hr – 1 1/2 hrs. or until golden brown.

BANANA LIQUEUR CAKE

Submitted by: Anola B. Crunk, Shelby County Family Assistance

1 Duncan Hines yellow cake mix
1 box instant banana pudding mix
4 eggs
½ cup banana liqueur
½ cup oil
½ cup water
½ cup chopped pecans

GLAZE
½ cup sugar
1 stick butter or margarine
1/4 cup banana liqueur
1/4 water

Heat oven to 325°. Grease and flour a bundt or angel food pan. Sprinkle pan with the chopped pecans. Mix together all the cake ingredients and pour into the prepared pan. Bake for 50 to 60 minutes until done. While cake is baking prepare the glaze. Make sure the sugar dissolves and the glaze is still hot when the cake comes out of the oven. The minute it comes from the oven slowly pour the glaze over the top--it will soak in as your pour it on the cake. Let it set for about 30 minutes and then invert onto your cake plate.

This cake is really better than the traditional rum cake.

BARBARA'S EASY CHEESECAKE

Submitted by: Barbara Franks, Lawrence County DHS

2 packages (8 oz. each) cream cheese, softened
1/2 c. sugar
1/4 tsp. vanilla extract
2 eggs
1 graham cracker crust (9 inches)
1 can (21 ounces) blueberry pie filling, divided

In a mixing bowl, beat cream cheese, sugar and vanilla until smooth. Add eggs, beating just until combined. Pour into crust. Drop 1/2 cup of pie filling by heaping teaspoonfuls onto cream cheese mixture; cut through with a knife to swirl the pie filling. Bake at 350° for 35-40 minutes, or until center is almost set. Cool on wire rack. Chill for 2 hours. Top with remaining pie filling or spoon onto slices when serving.

NOTE: I have also used strawberry or cherry pie filling.

BLACKBERRY JAM CAKE

Submitted by: Regina Surber, Community Services

Cake:

1 c. butter
2 c. sugar
1 c. blackberry jam
4 eggs
1 tsp. soda
1 Tbsp. cinnamon
1 Tbsp. allspice
1 Tbsp. nutmeg
2½ c. flour
1 c. buttermilk
1 tsp. vanilla
1 c. raisins
1 c. coconut

Cream butter and sugar and add jam. Add eggs and mix thoroughly after each addition. Mix together soda, cinnamon, allspice, nutmeg and flour. Add to creamed mixture alternately with buttermilk. Add vanilla, raisins, and coconut. Mix thoroughly. Pour into 3 greased and floured 9-inch round cake pans. Bake at 350°.

Filling and topping for cake:

2 c. milk
3 c. sugar
2 Tbsp. flour
4 eggs

Cook until thick, remove from heat and add:

1½ c. chopped pecans
1½ c. raisins
2 c. coconut
2 tsp. vanilla

Let cool slightly and then place between cake layers and cover top and sides of cake.

BROWNIES

Submitted by: Marie Blair, Family Assistance District Director, District 3

1½ c. plain flour
1½ c. sugar
1½ sticks margarine, melted
3 Tbsp. cocoa
3 eggs
1/4 tsp. salt
1 tsp. vanilla

Combine dry ingredients, melted margarine, eggs and vanilla. Beat well. Pour in a 13 x 9 inch pan that has been sprayed with non-stick spray. Bake 35 to 40 min. @ 350°. Allow to cool before icing.

Icing:

½ stick margarine, melted
2 Tbsp. cocoa
Confectioner's sugar and enough milk to make spreading easy

Nuts are optional in the batter or in the icing. I have used pecans and also black walnuts.

BUTTER PECAN ICE CREAM

Submitted by: Juanita Slater, Lawrence County DHS

Step 1:
2 small boxes of French Vanilla Pudding
2¼ c. sugar
1 tsp. vanilla
1 8-oz. tub cool whip

Mix with enough milk to get thick. Mix in ice cream freezer with enough milk to fill to line on tub. Cool in refrigerator to help freeze quickly.

Step 2:
1½ c. finely chopped pecans
3 Tbsp. margarine

Sauté pecans in pan and let cool.

Step 3:
Freeze 1st ingredients for 10 minutes, then open and add pecans on both sides of dasher in freezer; freeze for about 45 minutes. Freezer will probably not stop on its own.

This recipe can be used for strawberry, banana, etc.; just change the pudding and leave off the pecans.

BUTTERMILK CAKE

Submitted by: N. Grace Spears, Investigations, Knox County

1 c. sugar
1 c. oil
3 eggs (slightly beaten)
2 c. self-rising flour (with 1 tsp. baking soda added to flour)
1 c. buttermilk
1 tsp. real vanilla flavoring (2 tsp. if using artificial)

Mix flour, sugar & oil; add eggs, buttermilk and vanilla flavoring. Pour in prepared rectangular pan. Bake at 350° for about 30 minutes. Remove from oven, punch holes all over cake with fork.

When cake is almost ready to come out of oven, make the glaze.

Glaze:

1 c. sugar
1 stick margarine or butter
1/2 c. buttermilk
1 tsp. vanilla

Bring sugar, butter and buttermilk to boil and cook for 1 minute. Take off stove and add vanilla – pour slowly over cake, which will saturate because of the holes punched in cake.

(You cannot taste the buttermilk in this, and it literally melts in your mouth. I've never served it that someone did not ask for the recipe.)

BUTTERMILK CHESS PIE

Submitted by: Vicky Lancaster, McNairy County DHS

1 ½ c. sugar
2 Tbsp. flour
1 Tbsp. corn meal
1 stick "real" butter
3 eggs
½ c. buttermilk
2 tsp. vanilla

Mix all ingredients together; pour into pie crust. Bake for 45 minutes on 350°.

CHEESECAKE

Submitted by: Tom Osborne, Fiscal Services

1/2 c. melted margarine or butter
1¼ c. graham cracker crumbs
¼ c. sugar
2 pkgs. of cream cheese (8 oz. each)
1 can sweetened condensed milk
3 eggs
¼ c. lemon juice and grated rind of 1 lemon

Combine butter, cracker crumbs and sugar and press onto bottom of 9" spring-form pan to make crust. Soften cream cheese and beat in large mixing bowl until fluffy. Beat in sweetened condensed milk, eggs, lemon juice and lemon rind. Pour into spring-form pan and bake at 350° for 50 to 55 minutes or until cake springs back when lightly pressed in the center. Let cool and put on your favorite topping and then chill it. We put cherry pie filling on top of ours.

CHOCOLATE CHESS PIE

Submitted by: Martha Gessler, Systems

1 unbaked 9 inch pie shell
1 ½ cups sugar
3 ½ heaping Tbsp. cocoa
pinch of salt
2 eggs-slightly beaten
1 5 ½-oz. can evaporated milk
¼ cup butter or margarine - melted
1 tsp. vanilla

Mix sugar, cocoa and salt. Add rest of ingredients and mix well. Pour into unbaked pie shell. Bake at 350° for 45 minutes.

CHOCOLATE CHIP PIE

Submitted by: Elizabeth Miller, Rutherford County Child Care Licensing

½ c. brown sugar
½ c. white sugar
2 sticks butter (I recommend the real stuff), room temperature
2 Tbsp. all-purpose flour
2 eggs
1 c. chocolate chips
½ c. pecans (optional)
1 deep-dish pie crust

Preheat oven to 350°. In one bowl, blend butter and sugars till creamy. Mix in flour and eggs. Add chocolate chips and nuts. Pour into pie crust. Bake at 350° for 55 minutes; remove from oven and allow to cool for at least an hour.

CHOCOLATE CHIP POUND CAKE

Submitted by: Stephanie P. Lewis, Haywood County

1 box butter recipe cake mix
1 box instant chocolate pudding mix
1 8-oz. sour cream
3 eggs
3/4 c. oil
3/4 c. water
12-oz semi sweet chocolate chips

Mix all ingredients and pour into greased bundt pan; bake for 55-65 minutes at 350°.

CHOCOLATE COBBLER

Submitted by: June Vanatta, Fiscal Services

1 stick Butter (Melt in ovenproof dish)
1½ c. sugar
3 Tbsp. cocoa
2 c. flour
1 c. milk
2 tsp. vanilla

Mix above ingredients together and pour over butter in dish.

In separate dish mix together:
2 c. sugar
½ c. cocoa

Sprinkle mixture on top of first mixture. Do not stir. Pour 1 cup boiling water over entire mixture. Bake at 350° for 45 minutes to an hour. Remember you want the inside to be gooey. You may add nuts.

CHOCOLATE PECAN PIE

Submitted by: Gary Fisher, Fiscal Services

1 unbaked 9 inch pastry shell
2 eggs
1 cup sugar
½ cup all-purpose flour
½ cup (1 stick) margarine, melted
1 teaspoon vanilla
1 cup coarsely chopped pecans
1 package (6 ounce) semi-sweet chocolate pieces

Prepare pastry shell. Beat eggs slightly in a medium size bowl. Blend in sugar, flour, margarine and vanilla. Stir in pecans and chocolate pieces. Pour into prepared shell. Bake in a slow oven (325 degrees) for 50 minutes or until lightly golden and firm on top. Cool on wire rack. Serve at room temperature. Garnish with a whipped topping, if you wish. *Pecan pie with a twist to satisfy the chocolate addiction.*

CHOCOLATE STACK CAKE

Submitted by: Tammy Judd, Knox County

1 box Swiss chocolate cake mix
1 c. sugar
1 medium cool whip
1 8-oz sour cream
candy sprinkles for the top

Bake the cake according to the package directions in 2 round cake pans. Cool and use a string or dental floss to slice the layers to make 4. Mix ahead the remaining ingredients, except the candy sprinkles. While the cake bakes, set the mixture in the refrigerator to dissolve the sugar. Place the mixture between each layer generously. It will flow down resembling snow. Place candy sprinkles on the top to make the cake festive. Refrigerate in closed cake container. (Hint: the cake will become very moist after a few hrs.)

CHOCOLATE SYRUP CAKE

Submitted by: Patty Etheridge, Vocational Rehabilitation Fiscal

1 stick margarine, melted and cooled
4 eggs
1 16-oz. can chocolate syrup
1 c. sugar
1 c. self-rising flour

Preheat oven to 350°. Mix margarine and sugar. Add eggs to sugar mixture one at a time. Stir in flour and chocolate syrup. Mix together well. Pour into greased 9 x 13 pan. Bake 30-40 minutes.

Icing:
1 stick margarine
1 c. sugar
1/3 c. milk
½ c. chocolate chips

Mix all ingredients. Let come to a rolling boil, and boil for 1 minute. Beat until smooth. Add ½ c. chopped nuts (optional). Pour over warm cake.

COAL MINER'S DAUGHTER CAKE

Submitted by: Kaye Shipley, Child Support, Greene County

1 Devil's Food cake mix
1 can of sweetened condensed milk
1 12 oz. jar of caramel ice cream topping
1 16 oz. tub of Cool Whip
1 Butterfinger candy bar, crushed up

Make cake according to directions on box and pour into large long baking pan. When done and while still hot, punch holes in cake with a handle of a wooden spoon. Holes should be at least the size of a straw. While cake is still hot, pour the sweetened condensed milk into the holes, followed by the 12-oz. jar of caramel ice cream topping. Let cool in refrigerator (best if left overnight). When cool, smooth the cool whip over top and sprinkle with the crushed up Butterfinger Candy bar.

COOL BANANA PUDDING

Submitted by Connie Beaty, Medicaid

5 large bananas
12 oz Cool Whip
8-oz sour cream
1 large package of **INSTANT** vanilla pudding
1 box of vanilla wafers

Mix vanilla pudding according to directions on the box; then, FOLD into this mixture the sour cream and cool whip until well blended. In a large Tupperware bowl with a lid, cut bananas; make a layer of bananas and vanilla wafers; pour mixture (about 1/3); then, make another layer and repeat layers. **Place in the refrigerator** with a tight lid…keeps for 2 to 3 days and is **served cold!** Makes a LARGE BOWL FULL…about 12 servings! Great for a cool dish in the summer!

DUMP CAKE

Submitted by: Kathy Wright, McKenzie Family Assistance Service Center

2 sticks of butter
1 can cherry pie filling
1 can crushed pineapple
1 box white or yellow cake mix

Melt 1 stick of butter and pour into 9X13 cake pan. Add cherry pie filling and crushed pineapple. Then pour dry cake mix on top, spreading it out evenly. Last, drizzle other melted stick of butter on top of cake mix. Bake at 400 degrees for 30 minutes. May be served with vanilla ice cream when cake is still warm.

DOUGHNUT BREAD PUDDING

Submitted by: Shannon Ballard, Bradley County

12 glazed doughnuts, cut into pieces
3 eggs
1 c. sugar
1 tsp. vanilla extract
1 tsp. nutmeg
1 tsp. cinnamon
1 c. melted butter
1 (14-oz) can sweetened condensed milk (not evaporated)
2 (4.5-oz) cans fruit cocktail (undrained)

Butter Rum Sauce
1 stick butter
1 pound box confectioners' sugar
Rum, to taste

Preheat the oven to 350°. Cube doughnuts into a large bowl. Pour other ingredients on top of doughnuts and let soak for a few minutes. Mix all ingredients together until doughnuts have soaked up the liquid as much as possible. Bake for about 1 hour until center has jelled. Top with Butter Rum Sauce.

FAMOUS CHOCOLATE REFRIGERATOR ROLL

Submitted by: Mary Brakebill, Area Manager, Greene and Unicoi Counties

1 tsp. vanilla
2 c. heavy cream, whipped or one 8-ounce container frozen whipped topping, thawed
1 9-ounce package Nabisco Famous Chocolate Wafers

Stir vanilla into topping or whipped cream. Spread ½ tablespoon topping on each wafer and stack together, standing on edge on serving platter to make a 14 inch log. Frost with remaining topping. Chill for 4 to 6 hours. Slice roll on a 45 degree angle, giving a ribbon effect when you serve. Makes 12 servings. Enjoy.

FRUIT CAKE

Submitted by: Jerry Barlar, Smyrna TRC

1 lb. candied cherries, chopped
1 lb. candied pineapple, chopped
1 lb. pecans, chopped
1 box dates, chopped
2 7-oz. bags coconut
3 cans Eagle Brand Milk

Mix cherries (use 1/2 green and 1/2 red for color), pineapple, pecans, dates, coconut and *milk. Mix well and put in a large tube pan (lined or well greased) and bake at 325 degrees for 90 minutes. Allow to cool for 1 hour before you try to remove the cake from the tube pan.

*Sometimes people think there is a mistake in the recipe because there is no flour. The secret to the recipe is the coconut and milk become sticky while baking and hold the other ingredients together. Be sure to let the cake cool before you remove it from the pan. This is one GREAT Holiday cake

EASY FRUIT COBBLER

Submitted by: Donny King, Program Review

1 can Lucky Leaf Pie Filling
1 Box Jiffy Yellow Cake Mix
1 stick butter or margarine

Pour pie filling into 9 X 9 casserole dish. Sprinkle with cake mix. Drizzle with melted butter. Bake according to the directions on the cake mix until desired degree of browning is achieved. Feeds four. Can be easily doubled for a 9x13 casserole dish.

FRUIT TRIFLE

Submitted by: LeeAnne BruceBoone, Appeals & Hearings

1 12-oz. container whipped topping
1 8 oz. container sour cream
1 9-in. angel food cake
1 3.4 oz. package instant vanilla pudding mix
3 kiwis, peeled and sliced
1 pint fresh strawberries
3 bananas, peeled and sliced
1 15-oz. can crushed pineapple, drained

In a medium bowl, fold sour cream and pudding mix into the whipped topping. Cut the cake into thirds, horizontally. Line a large trifle or other glass serving bowl with kiwi and strawberry slices, reserving some for top of trifle. Place one layer of cake in bottom of bowl, top with 1/3 of bananas and pineapple, and 1/3 of whipped topping mixture. Repeat layering until all ingredients are used. Garnish assembled trifle with reserved kiwi and strawberries. Refrigerate until serving.

(I used two containers of whipped topping and two boxes of pudding to make a really large trifle. You may also substitute fat free/sugar free versions of the pudding, Cool Whip and sour cream.)

GEORGIA PECAN PIE

Submitted by: Mary McClanahan, Maury County

Blend: 1 c. sugar
4 large eggs – beaten
1 c. white Karo syrup
1 tsp vanilla

Add 1 stick butter cooked to golden brown & mix well. Stir in 1-1/4 cups pecan pieces. Bake @ 375° in unbaked deep-dish pie or tart shells approximately 45 minutes or until center is set (time depends on oven). Cool on wire rack - Best Pecan Pie you'll ever eat!

HEATH BAR PIE

Submitted by: Debbie Bush, Area Manager of Smith, Jackson and Macon Counties

1/2 of 8 oz. pkg. cream cheese
1 c. powdered sugar
1 8 oz. Cool Whip
1/2 c. Heath Milk Chocolate pieces (baking aisle at grocery store or Wal-Mart)
1 graham cracker pie crust
Hershey's caramel topping
Additional Heath pieces to sprinkle for topping

Soften cream cheese and add powdered sugar. Cream well until smooth. Add Cool Whip and mix well. Next, add Heath Milk Chocolate chips and mix. Put mixture in a graham cracker pie crust. Top with Heath Milk Chocolate pieces as desired and drizzle Hershey's caramel topping over the top of the pie. Chill and serve. This is delicious but rich! Go ahead, make 2 while you are at it and share with a friend.

HIDE AND SEEK TREATS

Submitted by: Molly McDonald, Appeals and Hearings

Crescent Rolls
Fun Size Milky Way Bars or Snicker Bars

Roll a Milky Way or Snicker Bar inside a crescent roll. Bake according to crescent roll directions.

GRANNY'S BANANA PUDDING

Submitted by: Sheila Moss, Adult Protective Services

Okay, kids, today we are going to make an old-fashioned banana pudding, grandma's way, not that new fangled stuff they make with instant pudding and phony whipped cream. Phooey! Ours will be made from scratch - real pudding made on the stove and real meringue on top.

Here's what we need: a baking dish, a bowl and a large pot. Let's make a big one. Banana pudding will not last long. Measure out 1-1/2 cups of sugar. That's okay; we can clean up the spills later. Now we need 4 eggs, and this is the tricky part; we have to separate the yolks from the whites. Crack the egg and let the white part run out. Oh, we need the bowl. Whew, that was close. Now put the yolk in the other half of the eggshell and separate the rest. See? You try it now. Crack it carefully, and -- uh oh, the yolk broke. Oh me, the whites will not beat up fluffy with yellow in them. We will try and get it out with a spoon. Put the sugar in the pot, and stir the egg yolks into the dry sugar. That's a little grandma trick to make the egg mix in. Now stir in 2/3-cup flour, and 4 cups of milk. Just add a little of each at the time and stir it in, so it will mix. Okay, put the heat on medium and cook. We have to stir it the whole time or it could burn. While grandma stirs, you can fix the wafers and bananas. Make a layer of vanilla wafers in the bottom of the baking dish, and then a layer of sliced bananas. You did remember to wash your hands first, I hope?

Oh, the pudding is boiling. It's sticking to the bottom? Stir! We have to cook it until it boils gets thick and then 2 minutes extra. Why? I don't know why. Don't question me now while I'm busy. Grandma will take it off the heat, and add 4 tablespoons of butter and a dash or two of vanilla. As long as it doesn't taste scorched, we can still use it. We will pour half over the wafers and bananas. Yes, I know we are using store-bought wafers. It is not going to be THAT homemade. Now, make another layer of wafers and another layer of banana and pudding. Hurry before the pudding gets cool.

You can lick the pot while grandma makes meringue. See: whip the egg white with a fourth teaspoon of cream of tartar, another little grandma secret. When they are fluffy, we will add a teaspoon of vanilla and 2 tablespoons of sugar for each egg. Why are they not getting fluffy? It must be that yolk that got in the mix. What a mess! Throw it away and get some more eggs out. Grandma doesn't remember it being this difficult when she used to make it. We will beat until peaks form and add the sugar. Now, spread on top of the pudding. You can use your finger to make peaks in the meringue. No! Don't lick you finger!

Grandma will put it in the oven and let the meringue brown at 350° for 10 or 15 minutes. We can clean up some of this mess while we wait for it to finish. Eeek! It's burning! Get out of way and let grandma get it out of the oven. I don't understand it. It was only in there for 10 minutes. Well, it is a bit brown, but not too bad. Thank goodness we checked when we did or it would have been a burnt offering. When it cools a while, we can eat it.

Grandma feels a bit dizzy. Must be from standing over the heat. Grandma better sit down for a while before she faints and falls into the pudding. We have had enough disaster for one day already. Maybe grandma can make a cook out of you yet. The next time, though, we will just use pudding and whipped cream. The old-fashioned way is too much trouble.

JACK DANIELS PIE

Submitted by: Tony Dabit, Appeals and Hearings

1 c. firmly packed light brown sugar
3/4 c. light corn syrup
3 eggs, lightly beaten
1/2 c. semisweet chocolate chips
1/2 c. chopped toasted walnuts
1/4 c. (1/2 stick) butter, melted
3 Tbsp. Jack Daniels
1 Tbsp. vanilla extract
1/4 tsp. salt
9-inch unbaked pie shell
whipped cream for garnish

Preheat oven to 375°. Blend all ingredients in mixing bowl. Pour into the pie shell. Bake 40-50 minutes, until crust is golden and filling is set. Let cool at least two hours before cutting.

Yield: one 9-inch pie

ICE CREAM DESSERT

Submitted by: Susie Walker, Vocational Rehabilitation

Layer bottom of 13 x 9 pan with ice cream sandwiches; cover with your favorite ice cream topping, (mine is caramel); then spread cool whip over the top; garnish with shaved chocolate bar. Place in freezer and you have a refreshing dessert ready to serve. This is a quick and easy dessert that anyone could prepare.

JAPANESE FRUIT PIE

Submitted by: Patty Etheridge, Vocational Rehabilitation Fiscal

1 stick margarine
2 eggs
½ c. raisins
½ c. chopped pecans
1 c. coconut
1 c. sugar
1 tsp. vinegar

Preheat oven to 325°. Melt margarine; cool. Add rest of ingredients. Pour into unbaked pie crust. Bake 40 minutes. Pie is best served warm, not hot. This pie freezes well; just thaw and heat before serving.

JOHNNIE FAYE'S FRUIT CAKE

Submitted by: Vicky Lancaster, McNairy County

1 lb. whole pecans
8-oz. candied pineapple (chopped)
8-oz. candied cherries (chopped)
8-oz. pitted dates (chopped)
1 can Eagle Brand milk

Preheat oven to 200°. Mix pecans, pineapple, cherries and dates together. Add milk to ingredients and mix well. Line loaf pan with "oiled" brown paper sack. Press mixture into loaf pan; decorate top of loaf with red cherries and pecans. Bake for 2 hours. After the cake has cooked, cool and refrigerate until ready to serve.

LEMON PIE

Submitted by: Connie Beaty, Medicaid

2 graham cracker pie crusts
16 oz. Sour cream
½ cup Tang or (Country Time) Lemonade mix
1 can Eagle Brand milk
16 oz. Cool Whip

Mix Sour cream with the (dry) Lemonade mix. Add & mix in the Eagle brand milk. Add & mix well with all of the Cool Whip. Pour into pie crusts and put in the refrigerator. Let set in refrigerator for an hour before serving.

L B J CAKE
(For Coconut Lovers)

Submitted by: Margie Jarvis, Meigs County

First Layer:
1 stick butter
½ c. pecans
1 c. graham cracker crumbs

Mix well and press into 9x13 inch glass pan:

Second Layer:
8 oz. Cream Cheese
1½ c. powdered sugar
16-oz. Cool Whip (save enough for last layer)

Mix ingredients together until smooth and spread on first layer.

Third Layer: Sprinkle flaked coconut on top of second layer.

Fourth Layer:
2 packages coconut instant pudding
3 c. milk

Mix and let thicken slightly and spread on third layer.

Fifth Layer: Spread remaining Cool Whip on fourth layer. Sprinkle with flaked coconut. Refrigerate overnight.

MAMA'S CARROT CAKE
(Easiest carrot cake you'll ever make – no need to grate carrots)

Submitted by: N. Grace Spears, Investigations, Knox County

Cake:
¾ c. oil
4 eggs
2 c. self-rising flour
1 tsp. baking soda
2 tsp. cinnamon
1 lb. pre-packaged baby carrots
1 tsp. vanilla
¾ stick of butter or margarine

Icing:
2 c. sugar
1 pkg. 8-oz cream cheese
¾ lb. powdered sugar
Few drops of milk or cream to blend
1 tsp. vanilla

Place carrots in saucepan, barely covering with water; cook until just tender. Mash with fork or potato masher into very small pieces. Set aside. Mix flour, baking soda and cinnamon – set aside. Blend oil, sugar and eggs. Mix flour mixture with egg mixture. Add the cooked carrots and vanilla. Pour into prepared pan or pans. Bake at 350° for approx. 40 minutes. This can be made as a 3-layer cake or in a rectangular pan.

Cool well before icing. Best to make cake night before and ice in the morning. Cover icing as desired with English walnuts or Pecans.

MIX IN THE PAN BROWNIES

Submitted by: Sheila Cleek, Fiscal Services

2/3 c. of shortening
1 c. sugar
2 eggs
1 c. self-rising flour
½ c. of baking cocoa

Melt shortening in a baking pan. Remove from heat. Add sugar and eggs and mix well. Add flour and Baking Cocoa and mix well. Bake in preheated 350-degree oven for 30 minutes or until toothpick comes out clean. This batch can also be doubled to fill a 13 x 9 inch pan.

MOON DROP CAKE

Submitted by: Lisa Bivens, Fiscal Services

1 yellow cake mix

Bake according to directions, using round pans so you can cut into 4 layers.

Filling:
1 16-oz. carton sour cream
1 c. sugar
1 20-oz. can crushed pineapple with juice

Mix these three ingredients and set aside 1 cup of it to add to the cool whip. Use the rest to fill between cake layers. Do not put any cool whip between layers.

Mix:
1 2-lb tub of cool whip and the 1 cup of pineapple mixture. Use to top and cover the sides of the cake.

Prepare the night before you are to serve. Serve chilled.

NO SUGAR ADDED CHOCOLATE PIE

Submitted by: Susan Mathis, Cumberland County DHS

2 small boxes sugar free chocolate pudding
4 c. fat free sour cream

Mix well and pour into a ready-made crust. This recipe works well with any flavor sugar free pudding. I use sugar free white chocolate pudding and swirl sugar free raspberry jam through the pie.

OREO BALLS

Submitted by: Linda Pruitt, Carroll County

1 pkg. Oreos
1 8-oz. Cream Cheese
1 pkgs. almond bark

Crush the entire package of Oreos (I use my food processor!) and make crumbs of the cookies as you would for a piecrust. Place Oreo crumbs in bowl; add the cream cheese. Mix well – probably will need to use your hands. Make small balls. Melt the almond bark in microwave (follow package directions); dip each ball in melted almond bark and place on waxed paper. Allow to dry before eating.

This works well to prepare ahead of time and refrigerate before dipping. It's also possible to make balls, dip them, and freeze to have on hand. Makes up to 50 balls, depending on size.

PEACH PIE

Submitted by: Anita Presley, State Office

20-oz canned peaches (juice reserved) (fresh fruit can be used)
1 large box peach Jell-O (sugar-free can be used)
½ yellow cake mix or use 1 box Jiffy cake m8ix
1 stick butter - cut in pats (to cover entire pan)
1½ c. reserved juice/water - (water can be substituted for entire amount rather than juice/water combination)

Layer bottom of 9 X 11 glass pan with fruit, sprinkle dry Jell-O, sprinkle dry yellow cake mix, place butter pats over top of dry cake mix, pour juice/water over butter pats - bake @ 350° for about 40 minutes or until pie begins browning. Flavors of fruit, Jell-O and cake mix can be varied.

PEANUT BUTTER-BANANA PUDDING

Submitted by: Lydia Tarpy, Shelby County DHS

1 c. sugar
3 Tbsp. all-purpose flour
Dash of salt
2 large eggs, lightly beaten
3 c. milk
2 Tbsp. butter or margarine
1/2 c. creamy peanut butter
1 9-oz package chocolate wafers
4 medium bananas, sliced and divided
1 8-oz container frozen whipped topping, thawed
1/2 c. unsalted dry-roasted peanuts

Custard: Combine first 3 ingredients in a heavy saucepan. Whisk in eggs and milk, and cook, whisking constantly, over low heat until thickened (about 25 minutes). Remove pan from heat, and stir in butter and vanilla. Set custard aside.

Spread 1/2 teaspoon peanut butter between 2 chocolate wafers, forming a sandwich; repeat with remaining peanut butter and chocolate wafers. Place sandwich cookies in the bottom of a 3-quart bowl; top with banana slices. Pour custard over bananas; cover and chill 4 hours. Spread whipped topping evenly over custard, and sprinkle with peanuts before serving. Makes 10 servings.

PEANUT BUTTER PIE

Submitted by: Anola B. Crunk, Shelby County Family Assistance

1-4-oz. package cream cheese, can use light
1 c. confectioners sugar, sifted
1-8-oz. carton Cool Whip, can use light
1/3 c. smooth peanut butter
1/4 c. milk
1 graham cracker crust, regular or chocolate
1/4 c. chopped peanuts for garnish
1 cherry for garnish

In a mixing bowl beat the cream cheese until fluffy. Mix in the peanut butter and sifted sugar. Gradually add the milk, mixing well. Fold in the whipped topping and then spoon the filling into the crust. Looks really good if you then sprinkle with chopped peanuts and put a cherry with a stem in the middle. Put in refrigerator overnight and then slice. Pie can be frozen. Pie has a light and tasty peanut butter flavor.

SHONEY'S STRAWBERRY PIE

Submitted by: Linda Newman, Fiscal Services

1 pint strawberries
1 c. hot water
4 Tbsp. strawberry Jell-O
1 baked deep-dish pie shell
1 c. sugar
3 Tbsp. corn starch
1 tsp. vanilla

Cap strawberries, wash & drain well. Mix cup of hot water, corn starch, sugar & Jell-O together. Cook on medium heat until mixture comes to rolling boil. Remove from heat. Add vanilla & let set until it cools.
Add strawberries to mixture & pour in baked shell.

Top with cool whip or whipped cream. Chill in refrigerator for three or four hours before serving.

SNICKERS CAKE

Submitted by: Lydia Tarpy, Shelby County DHS

1 German Chocolate cake mix
1 14-oz bag of caramels
1 stick of margarine
3/4 c. chocolate chips
1/3 c. milk
1 c. pecans

Mix cake according to directions on box. Pour 1/2 of batter in 9x13 greased pan. Bake at 350° for 20 minutes.

Melt margarine, milk and caramels over low heat. Pour over baked cake. Sprinkle chocolate chips and pecans over caramel. Pour rest of batter on pecans. Cook at 250 degrees for 20 minutes, then 350° for 10 minutes.

SODA CRACKER CAKE

Submitted by: June Vanatta, Fiscal Services

32 saltine crackers
1½ c. sugar
6 egg whites
1 c. pecans

Beat egg whites until stiff. Add pinch of cream of tartar. In separate bowl, crumble crackers. Add sugar and pecans; mix. Blend in beaten egg whites and stir together. Pour into greased pan or dish and bake at 350° until brown, approximately 25 minutes. Let cool.

Frosting:
1 large cool whip
1 can Baker's coconut
1 small can chunk pineapple, drained
Cherries

Spread cool whip over cake and sprinkle coconut over it. Add cherries and pineapple as desired.

STRAWBERRY CAKE

Submitted by: Mary Helen Brown, Family Assistance, Shelby County

Cake:
1 Box of Pillsbury White Classic Cake Mix (Don't use the Vanilla cake mix)
1 sm. box of Strawberry Jell-O
3 tsp. of self-rising flour
1 c. of oil (Wesson Vegetable Oil)
½ c. of water
4 eggs
1 8-oz box of frozen strawberries (Whole or Sliced in juice)
1 box of confectioner's sugar
1 Tbsp. of butter (melted)

Mix cake mix, Jell-O, flour, oil and water; add eggs one at a time; mix well. Add ½ cup of thawed strawberries, not the juice (strawberries may be blended before putting them in the batter). Stir in the strawberries.

Prepare cake pans with Pam or with oil and flour to avoid sticking. Cook as a sheet cake (9x13 pan) or layer cakes (9-inch pans). Cook at 350° 33-38 minutes, check for doneness.

Frosting:
Mix together 1 box of confectioner's sugar, melted butter and ½ cup of strawberries and juice (can be more or less, depending on the thickness of the frosting). Mix well until frosting is spreadable. Let cake cool before frosting it.

SWEET POTATO CAKE

Submitted by: Ruth Cooksey, Finance

Cake:
1 ½ c. cooking oil
2 c. sugar
4 eggs, separated
4 Tbsp. hot water
2 ½ c. sifted cake flour
3 tsp. baking powder
1/4 tsp. salt
1 tsp. ground cinnamon
1 tsp. ground nutmeg
1 ½ c. grated raw sweet potato
1 c. chopped nuts
1 tsp. vanilla

Combine oil and sugar and beat until smooth. Add egg yolks and beat well. Add hot water, then dry ingredients which have been sifted together. Stir in potatoes, nuts and beat well. Beat egg whites until stiff and fold into mixture. Bake in 3 greased eight-inch cake pans at 350° for 25 to 30 minutes. Cool and frost.

Frosting:
1 large can evaporated milk
1 c. sugar
1 stick of margarine
3 egg yolks
1 tsp. vanilla
1 1/3 c. flaked coconut

Combine milk, sugar, margarine, egg yolks and vanilla in saucepan. Cook over medium heat about 12 minutes, stirring constantly until mixture thickens. Remove from heat and add coconut. Beat until cool and of spreading consistency.

SWISS CHOCOLATE CAKE

Submitted by: Margie Jarvis, Meigs County

Duncan Hines Swiss Chocolate cake mix
Instant vanilla pudding (3.4 oz)
1 c. milk
1 c. Wesson oil
3 eggs

Preheat oven to 300°. Mix ingredients together and bake in 2 round cake pans for 20 minutes or until done.

Frosting:
8-oz. cream cheese
½ c. sugar
1 c. powdered sugar
16-oz. Cool Whip
8-oz. Hershey's Chocolate candy bar(s), grated

Mix first 3 ingredients until creamy, fold in Cool Whip and add grated candy bar(s). Place icing between layers and on outside of cake. Refrigerate.

TENNESSEE CORNBREAD (LEMON CAKE)

Submitted by: Linda Wilkerson, Area Manager, Dyer Co.

4 whole eggs
1 small box lemon Jell-o
1 box yellow cake mix
3/4 c. water
3/4 c. oil

<u>Icing</u>
1 lb. powdered sugar
½ c. lemon juice

Beat eggs. Add box of Jell-o and mix. Add rest of the ingredients. Pour into a greased bundt pan. Bake @ 350° for 40 minutes. Mix icing and pour over cake when it comes out of the oven. Cool in pan for 20 minutes then remove to finish cooling.

TEXAS CHOCOLATE CAKE

Submitted by: Brenda Owen, Paris TRC

1 stick margarine
1 c. water
½ c. cooking oil
4 Tbsp. cocoa
2 c. plain flour
2 c. sugar
1 tsp. baking soda
½ tsp. salt (Omit if you use real butter)
½ c. buttermilk *

Sift together flour, sugar, baking soda and salt. In a saucepan, mix together margarine, water, oil and cocoa. Bring to boil. Stir constantly or it will stick. After the boiling point is reached, add it to the flour mixture. Stir softly. Then add beaten eggs, buttermilk and vanilla. Fold the mixture together until well blended. Do NOT use an electric mixer. Pour into a 10x15-inch jelly roll pan. Bake at 350 degrees oven for 10 minutes or until set.

*If you do not have buttermilk, mix 1½ Tablespoons vinegar to 1 cup milk. Let stand two minutes.

Frosting
1 stick margarine
4 Tbsp. cocoa
4 to 4 ½ c. confectioner's sugar (this is an entire box)
1/3 c. milk
1/8 tsp. salt (Omit if you use real butter)

Five minutes before cake is done prepare frosting. Mix together margarine, cocoa, milk and salt. Bring to a good soft boil, stirring constantly. Add cocoa mixture to confectioners' sugar. Beat well until spreadable (not with a mixer). You may need to add full amount of sugar. Spread over warm cake. Add pecan pieces on top if desired. When spreading frosting on cake, put wax paper or paper towels underneath in case frosting runs over sides. You can pop cake in refrigerator at this point to set the cake. Cover with waxed paper.

VANILLA WAFER CAKE

Submitted by: Patty Etheridge, Vocational Rehabilitation Fiscal

6 eggs
½ c. milk
2 sticks margarine, melted and cooled
2 c. sugar
1 c. pecans, chopped
1 can (7 oz.) coconut
1 box (12 oz.) vanilla wafers, crumbled

Preheat oven to 275°. Mix all ingredients and put into a greased and floured tube pan. Cook 1 ½ hours.

MAIN DISHES

B B Q Chicken

Baked Pork Tenderloin Cutlets

Barbecued Meat Balls

Beef Tacos

Boiled Dinner

Boston Baked Scrod

Brunswick Stew

Capellini Capricciosi

Chicken Delight

Chinese Chicken

Chicken and Dumplings

Cola Chicken

Fiesta Rice Casserole

Grilled Marinated Chicken

Lasagna

Mexican Lasagna

Mediterranean Catfish

Mexican Chicken and Rice Bake

Mexican Chicken Pie

Pizza Casserole

Poppy Seed Chicken

Rattlesnake Chicken

Sausage Casserole

Shipwreck

Shrimp Stir-Fry

Six Layer Salad

Skillet Chicken with Tomatoes

Smokehouse Chicken Breasts

Spinach Lasagna

Stir-Fried Beef

Sweet Potato Casserole

Vegetable Kebabs

B B QUE CHICKEN

Submitted by: Helen Hilliard, Morristown Service Center

Sauce:
Mix and simmer the following for 15 minutes on top of stove:
4 Tbsp. water
3 Tbsp. catsup
3 Tbsp. brown sugar
2 Tbsp. vinegar
2 Tbsp. butter
1 Tbsp. lemon juice
2 Tbsp. Worcestershire sauce
1 tsp. paprika
1 tsp. salt
1 tsp. dry mustard
1 tsp. chili powder
1/4 tsp. red pepper (or more, if you like)

In a large oblong glass dish, pour heated sauce over washed chicken pieces. (We always skin our chicken, which makes for healthier eating). Cover and bake for 15 minutes at 500° degrees. Reduce heat to 300°-325° degrees and continue to bake for one hour. Remove cover and bake for 15 minutes longer in open dish. Total baking time: 1 hour & 30 minutes. If you are preparing two chickens, just double recipe.

BAKED PORK TENDERLOIN CUTLETS

Submitted by: Lydia Tarpy, Child Care Licensing, Shelby County

1 lb. pork tenderloin cutlets
I chopped onion
I can mushrooms
1 Tbsp. oregano
1 Tbsp. margarine
8 slices bacon
2 eggs, beaten
bread crumbs
1 c. beef broth

Dip cutlets into egg then bread crumbs. Fry on both sides to brown. Remove from pan and put into baking dish. Fry 8 slices bacon until crisp. Melt margarine and add bacon, onion, mushrooms and oregano. Sauté 2 minutes or until onions are clear. Pour over mixture on top of pork cutlets; then pour 1 c. beef broth over it also. Bake at 350° for 45 minutes.

BARBECUED MEAT BALLS

Submitted by: Linda Sue Goodman, McMinn County

1 lb. ground beef
2/3 c. evaporated milk
1 tsp. salt
3 tsp. shortening
1/2 c. rolled oats
1 small onion
1/4 tsp. black pepper

Sauce:
4 tsp. Worcestershire sauce
4 tsp. sugar
2 tsp. vinegar
2/3 c. ketchup

Mix meat, oats, milk, chopped onion, salt and pepper together in a bowl. Make meat mixture into balls. Melt shortening and cook meatballs slowly. Make the sauce and pour over the meatballs. Simmer for 15-25 minutes.

BEEF TACOS

Submitted by: Melissa Cain, Bradley County Vocational Rehabilitation

1 lb. of beef stew meat
2 large tomatoes-diced
1 small onion-diced
2 cloves of garlic-diced
tortilla shells (flour or corn)
sharp cheddar cheese

Prep time-10 min
Cook time-Approx. 25-30 minutes

Line the bottom of a pan with your favorite oil (vegetable oil, olive oil, etc). Dice onion and add to the pan with hot oil; add diced garlic and tomatoes. If you prefer, the stew meat may be cut into smaller pieces before adding to the pan. Let this cook until onion and tomato become a paste over the stew meat. Spread mixture onto a soft tortilla shell; add any toppings you like and have a great family dinner.

BOILED DINNER

Submitted by: Anita Presley, Inspector General's Office and Finance & Administration Division

3-4 pounds country style ribs
1 onion (quartered)
salt and pepper

Boil the ribs and onion all day in the slow cooker or cook in a stockpot for several hours until meat is tender. Once cooked, refrigerate the ribs and broth long enough for the fat to harden and remove most of the fat (leave some for flavor).

2 turnips (quartered)
2 onions, (quartered)
½ cabbage (quartered)
a handful of baby carrots

Boil in broth from the ribs until vegetables are softened. Add the ribs and remaining broth (ribs can be separated from the bone).

BOSTON BAKED SCROD

Submitted by: Lisa Yount, Knox County Adult Protective Services

4 6-8 oz. fresh scrod fillets
2 c. Ritz crackers, crushed to fine crumbs
½ lb. margarine
2 Tbsp. lemon juice
½ tsp. white pepper

Melt margarine. Add lemon juice and white pepper. Dip each filet in margarine mixture, then place on baking sheet. Coat top with Ritz crumbs. Bake for 11-12 minutes at 350 degrees. Enjoy with a baked potato and/or garden salad.

BRUNSWICK STEW

Submitted by: Anita Presley, Inspector General's Office/Finance & Administration

1 (3 - 4 lb) chicken
1 28-oz can diced tomatoes
1 c. frozen lima beans
1 c. frozen shoe-peg corn
1 large onion, chopped
2 large potatoes, peeled and chopped
1 Tbsp. liquid smoke
8 oz. pulled barbecued pork
salt and pepper to taste

Combine the chicken with enough water to generously cover chicken in a stockpot. Boil until tender. Remove the chicken to a platter, reserving the broth. Cool slightly. Chop the chicken, discarding the skin and bones. Add the undrained tomatoes, beans, corn, onion, potatoes and liquid smoke to the reserved broth and mix well. Stir in the chicken and pork. Simmer until the vegetables are tender and the soup is the desired consistency, stirring occasionally and shredding the chicken as the soup simmers. Season with salt and pepper. Ladle into soup bowls. Serves 12

CAPELLINI CAPRICCIOSI

Submitted by: Lydia Tarpy, Child Care Licensing, Shelby County

1/3 c. olive oil
8 slices of bacon, chopped
2 medium onions, thinly sliced
10 peperoncini, drained, seeded and chopped
3 c. crushed peeled Italian tomatoes (about one 35-oz. can, drained)
1/4 tsp. salt
1 lb. capellini (angel hair) pasta
3/4 c. freshly grated Parmesan cheese, preferably parmigiano-reggiano
1/3 c. chopped flat-leaf parsley (optional)

In a large, non-iron skillet, heat 3 Tbsp. of the olive oil over medium heat. Add the bacon and cook until lightly browned, about 10 min. Add the onions and cook, stirring occasionally, until golden, about 15 min. Add the peperoncini, tomatoes, and salt, and simmer for about 10 min. Meanwhile, bring 4 qt. salted water to a boil. Add the pasta and cook until al dente, about 3 min. Drain the pasta and toss it with the rest of the olive oil. Stir in the sauce. Add the cheese, toss well, and serve immediately, garnished with the parsley, if you like. Serves six.

CHEESE BURGER PIE

Submitted by: Shannon Ballard, Bradley County

1 lb. ground beef or turkey
1 c. of ketchup
1 packet of sloppy Joe season
1 packet of shredded cheese
2 pie crusts

Preheat oven to 350° F. Bake pie shells for 15 minutes. Brown ground beef until cooked and drain. Mix ketchup and sloppy Joe packet with ground beef. Divide meat mixture between the two pie shells; top with shredded cheese. Place back into the oven for 10-15 min. until cheese is melted.

CHEESY CHICKEN

Submitted by: Janet Morris, Tennessee Rehabilitation Center @ Smyrna

Package of chicken breasts
3 c. of shredded cheddar cheese
2 cans of cream of chicken soup
2 cans of crescent rolls

Boil chicken and remove from bone. Place chicken in a bowl and add 2 cups of the shredded cheddar cheese. Cook the cream of chicken soup with milk on the stove and add enough soup to the chicken and cheese mixture to just hold it all together. Spoon the chicken mixture into the middle of the crescent rolls and place in large sprayed casserole dish. Put oven on 375° for about 15-20 minutes (just long enough for the bottom of the rolls to cook). Take casserole dish out of oven and pour the remainder of the soup mixture over the top of the rolls and sprinkle the remaining 1 cup of cheese on top. Cook until the cheese is melted and the rolls are completely cooked, approximately 40 minutes.

CHICKEN DELIGHT

Submitted by: Mack C. Hagewood, Disability Determination

Use chicken thighs or breasts (boneless) – as many as you like
Link sausage for each piece of chicken
Flour or Shake-n-Bake coating

Brown the link sausage (lightly) and let cool. After cooling, roll each link into a piece of chicken; keep in place with a toothpick. Coat the chicken/sausage roll with your favorite coating. Fry chicken until golden brown. Slice to make a more pleasant surprise for your guests. The sausage will add a totally different flavor to your fried chicken. Enjoy!

CHINESE CHICKEN

Submitted by: Teresa Allgood, Vocational Rehabilitation

1 can cream of celery soup
¼ c. milk
½ c. minced celery
1 small minced onion
½ c. almonds
1 cooked, boneless chicken, chopped
1/4 tsp. Worcestershire sauce
1 can Chinese noodles
1 minced green pepper
mushrooms, optional

Mix all the above together and bake in 350 degree, preheated oven for 30-35 minutes. Be sure to spray your baking dish with No-stick spray. Pour ½ of the Chinese noodles on the bottom of your baking dish and ½ on the top.

CHICKEN AND DUMPLINGS

(In some parts of the South these are called Pastries)

Submitted by: Helen Hilliard, Morristown Service Center

This is a "never fail" recipe, if you follow directions: Although there are a number of steps, this recipe is rather simple and doesn't take that long once you have the chicken stewed rather than baked, because you need the broth.

Stew a 3-to-4 lb. fryer (covered) in a large stock pot. It usually, this takes about 1 – 1½ hours. Salt the interior of the bird with one teaspoon of salt. Make sure you have enough water at least 4 cups or more, as this is to be used for your broth in making the dumplings. You can stew the chicken a day before, then cool in the refrigerator and "skim" off the fat when cool. Remove the chicken from the broth when storing in the refrigerator because you are going to de-bone it anyway, and it will cool much faster.

Dumplings:
Sift 3 cups plain flour into a large bowl. Add ½ teaspoon of salt. Make a depression in the mound of flour and pour the following mixture into flour: Blend these together before adding to dry flour. Don't add all the mixture until you see if you will need all. You are going to make dough.

1 beaten whole egg (just use a fork)
about ½ to 2/3 cup chicken broth. (It can be cooled or not. If the broth is cool, I believe it makes a little tougher dumpling. Many people prefer this.)

Pour mixture into sifted flour and lightly work together with a spoon or your hands. Don't work too long; handling dough too much will make a tough dumpling. Roll out with a rolling pin on a floured surface. Cut into strips about 1-inch or inch & ½ size, similar to noodles. Roll out kind of thin. Pull apart 2-3 inches per piece and drop into boiling broth. The broth will keep dough separated. Boil at medium temp. for 5-6 minutes. Then add chicken in pieces (bones removed). Cover and let stand for 20 minutes or more before serving.

If the sauce is not thick enough, make a mixture of 2 Tbsp. Flour or less and gradually add chicken broth or milk to make a smooth paste. Pour this into hot dumpling pot and stir. DELICIOUS!! Should you have leftovers, be aware the dumplings will absorb a lot of broth so when you warm up, just add milk or water, maybe ½ cup and re-warm.

COLA CHICKEN

Submitted by: Angie Duke, Smyrna TRC

4 to 6 chicken breasts
1 c. ketchup
1 12-oz can of diet cola

Put chicken in non-stick skillet. Pour ketchup and diet cola over the chicken. Bring to a boil. Cover and reduce heat and cook for 45 minutes or until breasts are tender. Uncover and turn the heat up and cook until sauce becomes thick and adheres to the chicken. Turns into the most incredible barbecue sauce. Yummmm.

FIESTA RICE CASSEROLE

Submitted by Nancy C. DeLong, Lincoln County

1 lb ground beef (cooked and drained)
1 pkg. Lipton Mexican Rice or Taco Rice (prepare according to directions on the pkg)
1 can whole kernel corn or can use Mexicorn
1 c. salsa (your preference)
shredded cheddar cheese

Prepare and mix all ingredients together; except cheese. Place in casserole dish. Cover generously with shredded cheddar cheese (can never have too much cheese). Bake at 350° until cheese is melted. Can be served with tortilla chips.

GRILLED MARINATED CHICKEN

Submitted by: Judy Gayle, Office Services

3 Tbsp. lemon juice
3 Tbsp. vinegar
2 Tbsp. low calorie mayo substitute
sugar substitute to equal ¼ cup plus 2 Tbsp. sugar
½ teaspoon salt
½ teaspoon pepper
6 chicken breast halves, skinned

Combine first 6 ingredients, stirring until well blended; pour over chicken in a shallow container. Cover and marinate in refrigerator at least 1 hour. Remove chicken from marinade, reserving marinade. Grill over hot coals 45 minutes or until chicken is done. Turn and baste every 10 minutes with marinade.

LASAGNA

Submitted by: Lisa Bivens, Fiscal Services

1 can Hunt's spaghetti sauce
1½ lb. ground beef (cooked & drained)
Add together and mix well.

1 box noodles (have these boiling while preparing other ingredients)

¼ c. onion chopped
¼ c. bell pepper chopped
1 large carton cottage cheese
1 16-oz. carton sour cream
18-oz. package cream cheese (softened)

Add onions, bell peppers to cream cheese and cook in microwave until onions and peppers start to cook (approx. 5 minutes). Then add sour cream, cottage cheese to the cream cheese mixture. Layer in cake pan 9 x 13. First 2 layers starting with noodles first, layer with noodles then cream cheese, then the next 2 layers with meat sauce mixture. Top with mozzarella cheese. Bake until desired doneness.

1 package mozzarella – Put on top of lasagna after it has cooked for 20 minutes. Then bake for 40 more minutes or until starts getting brown. Bake @ 375°.

MEXICAN LASAGNA

Submitted by Brenda Owen, Paris Tennessee Rehabilitation Center

Brown and drain 2 lb. hamburger. Mix in 1 can refried beans and cumin, garlic, and oregano to taste. Spray 11 x 13 dish with Pam. Put 4 uncooked lasagna noodles in bottom. Cover with half of the meat mixture. Place 4 more uncooked noodles on top, and cover with remainder of meat mixture. Mix 1 jar of Picante sauce with 2¼ cups water and pour over layers. Cover with foil; bake at 350° for 1½ hours. Mix together 1 16-oz. sour cream with 1 can chopped green chilies and sliced black olives. Spread on top of baked lasagna. Top with Mexican cheese blend (approximately 2 cups). Bake about 5 minutes or until cheese melts.

MEDITERRANEAN CATFISH

Submitted by: Katharine C. Krueger, Henry County

1 ½ c. fine white cornmeal
1 ½ c. mashed potato flakes
1 Tbsp. ground cayenne pepper
1 Tbsp. garlic powder, (not garlic salt)
1 Tbsp. mixed Italian herbs

Place in Mason jar; close lid and shake mixture until pink

4-6 catfish fillets or 4 small fiddlers
½ c. olive oil
1 large white onion
1 16-oz can diced tomatoes, undrained
1 bag frozen stir-fry vegetables
2 c. grated sharp cheddar cheese

Dredge moistened catfish in coating mix on a paper plate. Brown quickly, about 1 minute per side, in sizzling hot olive oil in a large skillet. Remove catfish and set aside. Cut onion into large chunks. Brown in same olive oil at medium heat. (Do not overcook.) Add ½ the diced tomatoes and all the stir-fry vegetables. Cover and heat through. Place browned catfish on top of the vegetables. Pour remaining tomatoes over catfish. Cover and simmer on low heat for no more than 10-15 minutes for fillets, (fiddlers may take a little longer). Five minutes before serving, top w/grated cheese. Cover and heat until cheese is melted. Serve with cooked rice or pasta.

The coating mixture also works well when pan frying fish and/or chicken breasts, and unlike commercial blends, it contains no salt or MSG.

MEXICAN CHICKEN AND RICE BAKE

Submitted by: Kimberly McDaniel, Fayette County

This is an extremely easy recipe. It can be made the night before, stored in fridge, and reheated the next night!

Four chicken breasts
Two packs of Lipton Mexican Rice
One bag of Shredded cheese, four cheese blend
Cavenders Greek Seasoning
olive oil - optional

Boil or bake chicken and remove bones. I like to use a little olive oil and Cavenders Greek Seasoning in the water when boiling, adds a nice flavor. Cut chicken into bite size pieces. Fix the rice according to package directions. When the rice is done, spoon ½ into a rectangular casserole dish. Place ½ of the chicken on top of the rice, and then sprinkle ½ of the cheese on top of that. Sprinkle the Greek Seasoning on top. Next, layer the remainder of the rice, chicken, and cheese like before. Again, sprinkle the Greek Seasoning generously. Place in the oven at 350° until cheese is melted. Can serve 4 - 6 easily with a side salad and side vegetable. For smaller families the recipe is easy to cut in half.

MEXICAN CHICKEN PIE

Submitted by: Linda Sue Goodman, McMinn County

Chicken breasts cooked, drained
1 can Ro-Tel tomatoes
1 small can sliced black olives, drained
1 can cream of mushroom soup
1 bag (2 cups) Mexican-flavored shredded cheese
Garnishes: Sour cream, salsa and jalapenos
3 Tbsp. chopped onion
1 large bag Doritos, crushed
1 can cream of chicken soup
1 can cream of mushroom soup

Spread half of the Doritos crumbs into a 9x13 inch pan. Mix together all canned ingredients, chicken and onion; spoon over crumbs and top with cheese. Spread remaining crumbs over top. Bake for 30 minutes in a 375° oven or until cheese is melted and casserole is bubbly. Top portions with sour cream, salsa or jalapenos. Serve with Mexican corn and chips and salsa.

PIZZA CASSEROLE

Submitted by: Betty Smith, Knox County Family Assistance

1 can crescent rolls
1 lb ground chuck or ground beef (cooked/drained, seasoned with one pkg. taco seasoning or Seasoned Mexican)
1 jar Ragu pizza sauce
1 small can tomato sauce
½ bell pepper, chopped
2 green onions, sliced thin
8 oz bag mozzarella cheese, shredded
1 c. cheddar/ jack cheese, shredded
1 c. mozzarella cheese, shredded
pepperoni slices

In a 9x13 dish, cover bottom with crescent rolls. Layer the beef evenly. In small bowl, mix pizza sauce and tomato sauce; pour over beef. Sprinkle bell peppers and onion. Layer cheddar jack cheese, then mozzarella. Place pepperoni on top. Bake at 375° about 35 – 40 minutes.

POPPY SEED CHICKEN

Submitted by: Brenda Owen, Paris TRC

3 or 4 chicken breast (cooked and cubed)
1 can cream of chicken soup
1 can cream of celery soup
1 stack Ritz crackers
1 8-oz. carton sour cream
2 Tbsp. poppy seed
1 stick butter (melted)

Mix chicken, soups and sour cream and put into 8 X 8 casserole dish. Crush Ritz crackers and mix with melted butter. Spread on top and sprinkle with poppy seeds. Cook 350° for 30-40 min. or until bubbly. You may use low fat soups and sour cream and not detect the difference.

This recipe freezes well. It is very good to make a day ahead and cook when needed.

RATTLESNAKE CHICKEN

Submitted by: Tony Dabit, Appeals and Hearings

1 package linguini
4 chicken breasts
olive oil to coat pan
salt, pepper, & red pepper flake to coat chicken breasts
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1/2 c. shallots, sliced
4 garlic cloves, minced
1/4 c. chopped green onion (plus a few more for garnish)
2 Tbsp. good quality hot sauce (preferably Cholula)
1/2 c. dry white wine
juice of 1 lemon
1 1/2 c. cream
1 Tbsp. cold butter
1/2 c. grated parmesan
3 Tbsp. chopped parsley
Sour cream

Cook linguini as instructed on box.

Season chicken breasts and cook in the olive oil about 5 minutes on each side. Remove from pan. Add peppers and shallots to pan and cook 3 minutes. Add garlic, green onion, and hot sauce and cook for another 2 minutes. Deglaze with white wine and cook until almost completely reduced. Slice the chicken into strips and put back in pan. Add lemon juice and cook for another 2 minutes. Add cream and bring to a simmer. Taste and re-season with salt and pepper if needed. Remove from heat. Finish sauce with butter. Toss with pasta, cheese, and parsley. Garnish with green onion and a small amount of sour cream.

SAUSAGE CASSEROLE

Submitted by: Angela Rimmer. McKenzie Family Assistance Service Center

1 pound ground pork sausage, browned and drained
8 oz. cream cheese
2 cans crescent rolls

Mix together the sausage and cream cheese until thoroughly blended. Use one can of the crescent rolls and line the bottom of a 9x12 ungreased baking dish. Spread the sausage/cream cheese mixture on top of the crescent rolls. Take the remaining can of crescent rolls and layer the top of the sausage mixture. Bake in a 350° oven until golden brown. Makes 6 to 8 servings.

SHIPWRECK

Submitted by: Linda Sue Goodman, McMinn County

1 lb. ground beef
Layer thinly sliced onion
Layer thinly sliced potato
1 large can pork n beans
1 can tomato soup or sauce
Salt to taste

Arrange ingredients in baking dish in order. Pour tomato sauce over mixture; bake 375° until done. Serve with a salad.

SHRIMP STIR-FRY

Submitted by: Judy Gayle, Office Services

1 Tbsp. vegetable oil
1 medium onion, thinly sliced
½ c. thinly sliced celery
1 pound uncooked, cleaned medium size fresh shrimp
6 ounces fresh mushrooms, sliced
½ tsp. minced garlic
1 c. shredded fresh spinach leaves
¼ pound fresh English peas
1 tsp. cornstarch
¼ c. water
2 Tbsp. reduced sodium soy sauce

Coat a wok or large heavy skillet with oil. Heat on medium high for 2 minutes.

Add sliced onion and celery to wok; stir-fry 3 minutes. Add shrimp, sliced mushrooms, and minced garlic; stir-fry 1 minute or until shrimp turns pink. Add shredded spinach and English peas, and stir-fry 30 seconds.

Combine cornstarch, water, and reduced sodium soy sauce, stirring until cornstarch dissolves; add to shrimp mixture in wok. Continue to cook over medium high heat, stirring just until mixture thickens.

Note: Shrimp Stir-Fry may be served over hot cooked brown rice that has been cooked without salt or fat.

SIX LAYER DINNER

Submitted by: Judy Gayle, Office Services

1 lb. lean ground chuck
4 medium size red boiling potatoes, peeled and cut into ¼ inch slices
2 large carrots, cut into ¼ inch slices
1 large onion, cut into ¼ inch slices
1 medium size green pepper, cut into ¼ inch slices
1 (16 oz.) can whole tomatoes, undrained and chopped
¼ tsp. pepper
1/8 tsp. diced whole basil

Cook ground chuck in a large ovenproof skillet with lid over medium heat until meat is browned, stirring to crumble. Drain well, and pat meat dry with paper towels. Wipe skillet with a paper towel.

Return ground chuck to skillet, and layer potatoes, carrots, onion, green pepper, and tomatoes over top. Sprinkle with pepper and basil. Cover with ovenproof lid, and bake at 350° for 45 minutes.

SKILLET CHICKEN WITH TOMATOES

Submitted by: Judy Gayle, Office Services

1 lb. skinless, boneless chicken breasts, cut in bite-size pieces
1 small onion, thinly sliced
1 carrot, sliced
1 celery stalk, sliced
2 tsp. chopped garlic
1 tsp. dried oregano
½ tsp. dried parsley
¼ tsp. salt
1 can stewed tomatoes, not drained
1 ½ c. chicken broth, fat removed
2 c. sliced potatoes

Spray a skillet with non-stick cooking spray. Sauté chicken until browned. Add remaining ingredients to skillet and simmer over medium heat until potatoes are tender. Yield: 6 cups or 4 servings

SMOKEHOUSE CHICKEN BREASTS

Submitted by: Raeann Brink, Knox County Child Care Assessment

4-skinless boneless chicken breasts (pounded thin)
1 1/2 Tbsp. Extra Virgin Olive Oil
4 slices of smoky cheddar cheese
4 slices of honey ham (or deli-sliced 1/4 1b. sliced thin)
4 Tbsp. favorite BBQ sauce
salt and pepper

Heat olive oil in large skillet over medium heat. Place chicken breasts in pan. Salt and pepper. Cook until the chicken is brown with no pink juices. Turn skillet down to low. Place the ham and then the cheese on top of each chicken breast. Cover the skillet until the cheese is melted. Top the melted cheese with the BBQ sauce. Cover again until the sauce is heated. Serve.

SPINACH LASAGNA

Submitted by: Gary Fisher, Fiscal Services

1 (16-oz.) carton ricotta or small-curd cottage cheese
1½ c. shredded mozzarella cheese, divided
1 egg
1 (10 oz.) package frozen chopped spinach, thawed and drained
1 tsp. whole oregano
2 (15½ oz.) jars spaghetti sauce. (Better to add a little more.)
1 (8-oz.) package lasagna noodles uncooked
1 c. water

Combine ricotta or cottage cheese, 1 cup mozzarella cheese, egg, spinach, salt, pepper, and oregano in large mixing bowl and stir well. Spread ½ cup spaghetti sauce in a greased 11x9x2 inch baking dish. Place one-third of the lasagna noodles over sauce and spread with half the cheese mixture. Repeat layers. Top with remaining noodles, spaghetti sauce and ½ cup mozzarella cheese. Pour water around edges. Cover securely with aluminum foil and bake at 350 degrees for one hour and 15 minutes before serving. Yield 8 servings.

First place winner in entree division, Gallatin, Tennessee News Examiner holiday recipe contest

STIR-FRIED BEEF

Submitted by: Judy Gayle, Office Services

1 lb. lean boneless top round steak, trimmed
2/3 c. water
¼ c. chopped onion
3 Tbsp. reduced-sodium soy sauce
1 tsp. beef-flavored bouillon granules
1 tsp. Worcestershire sauce
¼ c. water
1 clove garlic, minced
½ tsp. Salt
1/8 tsp. pepper
2 med. carrots, scraped & diagonally sliced
2 c. cauliflower flowerets
Vegetable cooking spray
1 c. sliced fresh mushrooms
1 (6 ounce) package frozen snow pea pods, partially thawed
¼ c. water
1 Tbsp. cornstarch

Partially freeze steak: slice diagonally across grain into ¼ inch strips; set aside.
Combine 2/3 c. water, onion, soy sauce, bouillon granules, Worcestershire sauce, garlic, salt, and pepper in a large bowl, stirring well. Add steak, stirring to coat. Cover and refrigerate 1 hour, stirring once. Drain steak, reserving marinade. Set steak aside. Cook carrots, and cauliflower in boiling water to cover 3 minutes; drain and set aside. Coat a wok or large skillet with cooking spray; heat at medium high for 2 minutes. Add steak, and stir-fry 3 minutes. Add mushrooms; stir-fry 1 minute. Add pea pods, carrots and cauliflower; stir-fry 2 minutes or until vegetables are crisp-tender. Combine reserved marinade, ¼ cup water, and cornstarch stirring to blend. Pour over steak mixture, and stir-fry until thickened and bubbly.

Note: Stir-Fried Beef may be served over hot cooked rice that has been cooked without salt or fat.

SWEET POTATO CASSEROLE

Submitted by: Julia Inman, Knox County Tennessee Blind Enterprises

3 c. hot sweet potatoes (approximately 3 large or 4 medium sweet potatoes)
½ stick butter
½ c. sugar
2 eggs
½ c. milk
½ tsp. salt
1 tsp. vanilla

Bake sweet potatoes in microwave. Holding potatoes with a paper towel slice the skin and slip pulp of potato out. Discard skin. Place potatoes and the remaining ingredients in a mixing bowl and mix with an electric mixer until mostly smooth. Pour into a buttered casserole dish.

Topping:
1 c. brown sugar
1/3 c. flour
1 c. chopped pecans
1/3 c. melted butter

Mix above and sprinkle over potato mixture (it will be wet). Bake 35 to 45 minutes at 350°. Topping should be light brown and bubbly (like topping on a pecan pie).

VEGETABLE KEBABS

Submitted by: Judy Gayle, Office Services

1 small unpeeled eggplant (about ¾ lb.), cut into 2 inch cubes
2 large carrots, cut into ½-inch slices (I use the baby carrots instead and just put on the skewers whole.)
About 1 dozen small thin-skinned potatoes (2 inches in diameter)
3 medium-size zucchini, cut crosswise into 1-inch slices
2 small red or green bell peppers, seeded and cut into 1-inch squares
1 large onion, cut in wedges and layers separated
About 16 whole large mushrooms
Herb Marinade (recipe follows)
Salt

Cook eggplant in 1-inch boiling water for 3 minutes; drain. Cook carrots in 1-inch boiling water until crisp-tender (about 6 minutes); drain. Cook unpeeled potatoes in 1-inch boiling water just until tender (about 20 minutes); drain and cut in half. Place eggplant, carrots, potatoes, zucchini, bell peppers, onion, and mushrooms in a plastic bag. Prepare herb marinade; pour over vegetables, seal bag and refrigerate for 2 hours or until next day. Drain and reserve marinade from vegetables. Onto 8 sturdy metal skewers, alternately thread vegetables. Place on a lightly greased grill 4 to 6 inches above a bed of low-glowing coals. Cook, turning often and basting with reserved marinade, for 10 to 15 minutes or until vegetables are tender. Sprinkle lightly with salt before serving. (Remaining marinade can be refrigerated up to 2 weeks and used again.)

Makes 4 servings of 2 skewers each. Per serving: 12 grams protein, 71 grams carbohydrate, no cholesterol, 385 calories.

Herb Marinade: In a bowl, combine ¾ cup salad oil; ¼ cup white wine vinegar; 2 cloves garlic (minced or pressed); 1 teaspoon each Dijon mustard, dry basil, and oregano leaves; ½ teaspoon each marjoram leaves and dry rosemary; and ¼ teaspoon pepper.

SOUPS AND SALADS

Asian Slaw

"Big Orange" Apricot Salad

Blueberry Salad

Broccoli Salad

Broccoli Slaw

Buttermilk Fruit Salad

Cabbage Salad

Cajun Corn Salad

Chicken Con Queso Soup

Cornbread Salad

Cornbread Salad #2

Cornbread Salad #3

Cornbread Salad #4

Cowboy Delight (Chili)

Fall Salad

Fruit Salad

Fruit Salad #2

Macaroni Salad

Pasta Salad

Potato Soup

Potato Soup #2

Killer Potato Soup

Spicy Potato Soup

Santa Fe Bean Soup

Snicker Bar Salad

Spaghetti Salad

Taco Soup

Taco Soup #2

Turkey Rotini Salad

Veggie Salad

ASIAN SLAW

Submitted by: Debbie Bush, Area Manager of Smith, Jackson and Macon Counties

2 pkgs. Ramen Beef Noodles
1 16 oz. pkg. of slaw mix
1 bunch green onions, chopped
1 c. sunflower seeds
1 c. slivered almonds

Break the noodles and place uncooked in bottom of large bowl. Add slaw mix, onions, sunflower seeds, and almonds in that order. Mix the seasoning packets from the noodles with 3/4 c. oil, 2/3 c. vinegar, and 3/4 c. sugar. Mix well and pour over slaw. Do not stir. Let set overnight and mix just before serving. This is a different slaw mix but delicious. Everyone will want your recipe!

"BIG ORANGE" APRICOT SALAD

Submitted by: Michael McMeans, Systems

1 (20-oz.) can crushed pineapple
2 (3-oz.) packs apricot gelatin
2 c. buttermilk
1 c. chopped pecans
12-oz. whipped topping

Bring crushed pineapple to a boil in saucepan. Remove from heat and add gelatin; stir until dissolved. Cool. Stir in buttermilk and pecans. Fold in whipped topping. Pour into 9x13 inch dish. Chill, covered in plastic wrap, until gelatin is firm. Keeps well in refrigerator 4 to 5 days. Serves 18.

BLUEBERRY SALAD

Submitted by: Marie Blair, Family Assistance District Director, District 3

2 small boxes grape Jell-O
2 c. boiling water
1 can blueberry pie filling
1 small can crushed pineapple, drained

Mix Jell-O with boiling water and add pineapple and blueberry pie filling while hot. Refrigerate until congealed.

Mix together:
8 oz. cream cheese
1 c. sour cream
½ c. sugar
1 tsp. vanilla
1 c. chopped pecans

Spread over the congealed mixture.

BROCCOLI SALAD

Submitted by Connie Beaty, Medicaid

Mix the following ingredients:
2 bags broccoli flowerets
1/2 red onion, finely chopped
1/2 c. raisins
1/2 c. sliced cashews
5 slices cooked bacon; crumbled

Dressing:
1/2 c. mayonnaise (low fat if wanted)
1/3 c. sugar
2 tsp. apple cider vinegar

Mix dressing into Broccoli mixture.
Keep refrigerated in a sealed container.

BROCCOLI SLAW

Submitted by: Carol Watkins, Child Support Systems

¼ c. oil
1/3 c. cider vinegar
½ c. sugar (I use Splenda)
1 bag broccoli slaw (or regular slaw + head of broccoli)
1 bunch green onions, chopped
1 pkg. Ramen chicken noodles (uncooked)
1 c. cashews
1 c. sunflower seeds

Dressing
Mix oil, vinegar and sugar together with the powder packet from the noodles. Break up noodles and toss with broccoli slaw and onion. Pour the dressing over this. Add cashews and sunflower seeds about 1 hour before serving.

BUTTERMILK FRUIT SALAD

Submitted by: Patty Etheridge, Vocational Rehabilitation Fiscal

2 c. buttermilk
1 large can crushed pineapple (undrained)
1 large (12 or 16 oz.) Cool Whip
1 pkgs. instant French Vanilla pudding
2 cans Mandarin oranges, drained
1 pkg. Chocolate striped shortbread cookies, broken

Mix buttermilk and pudding mix together. Stir in pineapple and Mandarin oranges. Stir in Cool Whip. Fold in broken cookies. Refrigerate overnight.

CABBAGE SALAD

Submitted by: Ann Grove, Hamblen County Families First

6 c. cabbage-grated or chopped
4 green onions chopped
½ c. sunflower kernels
½ c. sliced almonds
1 pkg. chicken flavor ramen noodles
flavor packet from noodles
1/4 c. vegetable oil
3 Tbsp. white vinegar
2 Tbsp. sugar
½ tsp. salt
½ tsp. pepper

Combine the first 5 ingredients in large bowl. Mix the next 6 ingredients; pour over the 1st mixture and stir thoroughly. Refrigerate at least 2 hours or overnight. Stir before serving.

CAJUN CORN SALAD

Submitted by: Margaret Baudiga, Child Support, Employer Maintenance Unit

3 large cans of whole kernel corn, drained
1 regular size can of whole kernel Mexican corn, drained
1 medium to large bell pepper, chopped
1 medium onion, chopped
1 bunch of green onions, chopped (green stems and all)
4 long stems of celery, chopped
2 medium tomatoes, chopped
1½ c. Miracle Whip
½ c. dried bacon bits
1 Tbsp. Accent
Garlic powder, small amount
Cajun seasoning (use as you would salt and pepper to taste). Note: Do not use Cajun seasoning that has lemon in it for fish!

DO NOT USE REGULAR SALT AND PEPPER IN THIS RECIPE. IT IS IN THE CAJUN SEASONING.

CHICKEN CON QUESO SOUP

Submitted by: Teresa Hatcher, Knox County Administrative Office

3 Tbsp. unsalted butter (or margarine)
½ large white onion, finely chopped
6 ounces canned green chilies, diced and drained
1 14½-oz. can tomatoes (drained), finely chopped
2 3-oz. pkgs. of cream cheese, cut in small pieces (I use 1 8-oz.)
1 14½-oz. can chicken broth
1 ½ c. half-and-half
1 tsp. lemon juice (more to taste)
1/8 tsp. garlic powder
1/8 tsp. cayenne pepper
1/8 tsp. cumin
½ tsp. salt
12 ounces chicken breast, cooked, skinned, finely chopped
2 c. crisp fried tortilla strips (or less), julienned
¼ c. green onions
1½ c. Monterey jack cheese, grated

Melt butter in large pot over medium-low heat. Add onion and sauté, stirring occasionally, until onion is tender. Add chilies and tomatoes. Stirring occasionally, cook mixture 8 to 10 minutes. Add cream cheese and stir until cheese is melted. Add chicken broth, half-and-half, lemon juice, garlic powder, cayenne, cumin and salt. Add chicken.

Continue stirring soup to blend all ingredients, but do not allow soup to boil. When soup is hot and blended, pour into bowl and top with tortilla strips, green onions and Monterey jack cheese.

Makes about 6 cups without the chicken.

CORNBREAD SALAD

Submitted by: Lydia Tarpy, Shelby County DHS

1 package corn bread mix.
Make according to directions, cook, cool, and crumble.

1 c. chopped celery
1/2 chopped green onion
2 boiled eggs
10-12 slices bacon fried crisp, crumbled
2 medium tomatoes, chopped
Mayonnaise

Mix above ingredients in large bowl. Mayonnaise should be added until creamy. Gently add crumbled cornbread and toss gently until coated. (If it is not holding together, more mayo is needed.)

CORNBREAD SALAD #2

Submitted by: Lisa Bivens, Fiscal Services

Sweet pickles
Skillet of cornbread
2 tomatoes
1 onion
Cauliflower
Broccoli
2 cucumbers
1 bell pepper

Chop and mix together and set aside all the above.

DRESSING MIXTURE:
¼ c. sweet pickle juice
1 can or jar of mushrooms – chopped
1 c. mayonnaise

Mix and pour over cornbread mixture **WHEN** ready to serve. It's good to have the dressing mixture chilled before serving.

CORNBREAD SALAD #3

Submitted by: Sheila Howell, Johnson County

1 celery stalk
1 cucumber
1 tomato
1 onion
½ c. mayonnaise
1 c. Ranch dressing
1 pan cornbread

Chop all veggies. Mix in the mayo and ranch dressing. Crumble the cornbread in a separate dish. Add veggies to cornbread and pour mayo mixture over the cornbread. Chill thoroughly. Serve.

CORNBREAD SALAD #4

Submitted by: Frank Larker, Investigations

Either prepare 2 store-bought packages of cornbread, or if you're adventurous, prepare homemade cornbread as follows:
3 large scoops of cornmeal
1 small scoop of bread flour
1 egg
a little vegetable oil

Mix all ingredients together. Bake at 400° until brown. After it's cooled, crumble bread in a large bowl. Mix with a fresh vegetable of your choice (green peppers/ carrots/ celery/ etc.) cut into small pieces. Add a bean or pea of your choice (black-eyed peas, chili beans, etc.). Serve in bowls covered with your favorite dressing!

COWBOY DELIGHT (CHILI)

Submitted by: Anita Presley, Inspector General's Office and Finance & Administration Division

½ lb bacon
½ lb hamburger meat
½ c. each onions and peppers
1 Tbsp. chili powder
1 can diced tomatoes
1 16-oz can baked beans
Water to desired consistency

Cut bacon in small pieces and cook. Remove bacon and cook hamburger meat until brown; add onions and peppers. Return bacon to pan; add remaining ingredients and simmer for 30 - 45 minutes. Serves 6.

FALL SALAD

Submitted by Gwendolyn Shannon, Hamblen County DHS

One head lettuce, shredded
½ green pepper, or more, cut in rings, then in 1 inch lengths
½ medium onion in half-rings, or (4-6 green onions in 1 inch lengths)

Dressing:

5 Tbsp. vinegar, or to taste
2 Tbsp. sugar, or to taste
½ c. mayonnaise, or to taste
Enough mustard to turn mixture pale yellow, or to taste
Can add currants or raisins

In large bowl combine lettuce, pepper, and onion. Combine dressing ingredients with a large spoon, and add to lettuce mixture. Salt and pepper can be added. Chill until serving time.

*Good served with soup beans, or red meat.

FRUIT SALAD

Submitted by: Julia Inman, Knox County Tennessee Blind Enterprises

1 can mandarin oranges, drained
1½ c. miniature marshmallows
1 (10-12 oz.) can pineapple tidbits, drained
1 large green apple, unpeeled, slice and cut into small pieces
1 large red apple (prepared as above)
1 c. sour cream
1½ c. shredded coconut

Drain fruit and add apples; mix in sour cream; add coconut and marshmallows. Let set at least a couple of hours; best over night.

FRUIT SALAD #2

Submitted by: Lisa Bivens, Fiscal Services

1 can mandarin oranges
1 can crushed pineapple and juice
3 Tbsp. Tang drink mix or ¼ c. orange juice
2 or 3 bananas sliced
1 box instant vanilla pudding
grapes, apples sliced & diced

Use all juices from canned fruits. Mix fruit juices and pudding well, then add all fruits. Let chill 1 hour before serving.

MACARONI SALAD

Submitted by: Peggy Parks, Family Assistance, District 7

1 lb. elbow macaroni cooked; rinse in cold water and drain
1 c. bell pepper, diced
1 c. chopped onion
4 carrots, grated
2 c. salad dressing
1 can Eagle Brand milk

Mix above ingredients and serve. Will keep in refrigerator a long time.

PASTA SALAD

Submitted by: Deloris Yates, Memphis DHS

1 lb bag rotini
1 lb grape tomatoes
1 lb broccoli, chopped
1 c. Italian Dressing
crushed red pepper
½ red bell pepper, chopped
½ yellow bell pepper, chopped
½ green bell pepper, chopped

Cook rotini until tender. Cut grape tomatoes in half. Steam broccoli until tender. Mix all ingredients together. Crushed pepper to season. Chill, serve.

POTATO SOUP

Submitted by: Pam Taylor, Office Services

1 stick butter
½ c. chopped celery
1 large chopped onion
6 c. diced potatoes
3 cans chicken broth
salt
pepper
garlic salt
chives
1 quart Half & Half
1 quart whole milk
shredded Swiss cheese
shredded cheddar cheese

In large soup pot, sauté onion and celery in butter. Add diced potatoes and chicken broth. Cook until tender (about 20 minutes). Lightly mash with potato masher. Add salt, pepper, garlic salt to taste, milk and Half & Half. Cook over low heat until thickened. Add chives (I used about ¼ cup.) If thicker soup is desired, you can thicken with instant potato flakes until desired thickness is reached. Top with shredded Swiss and cheddar cheese.

POTATO SOUP #2

Submitted by: Ann Grove, Hamblen County Families First

3 large potatoes, baked, cooled slightly, cut into cubes
1 medium onion chopped
6 Tbsp. of margarine
2 chicken bullion cubes
1 can of cream of chicken soup
1 soup can full of milk
½ c. sour cream
1 tsp. parsley flakes - optional

Sauté the onion in margarine; just as the onion is finished, add the 2 chicken bullion cubes. In large microwave bowl, heat the chicken soup, milk and sour cream. Mash the potato cubes a little and add everything to the chicken soup mixture; heat a little more in the microwave (don't boil). Can top with cheese, bacon pieces, or green onions.

KILLER POTATO SOUP

Submitted by: Angie Duke, Smyrna TRC

2 sticks margarine
2 large onions, diced
½ gal. milk
1 26-oz package shredded hash-browns
2 cans cream of celery soup
2 c. shredded cheddar cheese
salt and pepper
bacon bits (garnish)

Sauté onions in butter until tender. Add potatoes and cook on low until tender. Add milk and heat completely. Add soup and simmer 5-10 minutes after you bring to a boil. Add cheese and cook until bubbly and melted....add salt and pepper. Makes 12 servings...Enjoy.

SPICY POTATO SOUP

Submitted by: Margie Jarvis, Meigs County

1 lb ground beef
4 c. cubed peeled potatoes
1 small onion
24-oz. Tomato Sauce
4 c. water
2 tsp. salt
1½ tsp. pepper
½ to 1 tsp. hot pepper sauce

Brown ground beef and drain. Add potatoes, onion and tomato sauce. Stir in water, salt, pepper and hot sauce; bring to a boil. Reduce heat and simmer for 1 hour or until potatoes are tender. Makes 2 quarts.

SNICKER BAR SALAD

Submitted by: Peggy Parks, Family Assistance, District 7

6 or 7 Granny Smith apples chopped and peeled
1/3 c. brown sugar
6 Snicker candy bars cut up into small pieces
8-oz. cream cheese
1 8-oz tub of Cool Whip

Mix together and keep refrigerated.

SANTA FE BEAN SOUP

Submitted by Susie Walker, Vocational Rehabilitation

2 lbs. ground beef
1 onion (chopped)
2 pkgs. Ranch Dressing mix
2 pkgs. taco seasoning
1 16-oz. can black beans
1 16-oz. can kidney beans
1 16-oz. can chili hot beans
1 16-oz. can Rotel Tomatoes
1 16-oz. can tomato wedges
1 16-oz. can white corn
2 c. water

Brown meat and onion. Do not drain. Stir in ranch dressing and taco seasoning. In large pan add remaining ingredients, stir, add meat mixture. Simmer 2 hours - serve with tortilla chips and cheese.

SPAGHETTI SALAD

Submitted by: Anola B. Crunk, Shelby County Family Assistance

1 lb. thin spaghetti, cooked and drained
1 red onion, chopped
1 bell pepper, chopped
1 tomato chopped or 1 can diced tomatoes, drained
1 bunch green onions, chopped
1 cucumber, peeled and chopped
8-oz. bottle Italian dressing
1/3 bottle McCormick Salad Supreme

Mix all ingredients well and chill about 4 hours. Good cold salad and looks pretty in a glass bowl.

TACO SOUP

Submitted by: Stacy Rogers, Dyer County DHS

1 lb ground beef (browned and drained)
1 can white corn
1 can Rotel Tomatoes
1 can ranch beans with onions
1 can red beans
1 can stewed tomatoes

Cook in large pot. When you dump a can in, fill it up with water and add to pot. Cook until consistency is to your liking, at least 30 minutes at a boil

TACO SOUP #2

Submitted by: Brenda Owen, TRC @ Paris

1 lb. ground beef, browned and drained
1 can pinto beans w/juice
1 can red kidney beans w/ juice
1 can black beans, drained
1 small can niblet corn w/ juice (Green Giant)
1 can chicken broth
1 can mild Rotel Tomatoes
1 c. chopped onions
1 pkg. taco seasoning
1 pkg. Hidden Valley Ranch dry mix
1 large can diced tomatoes w/ juice

Mix together and boil 10 min. or maybe a little longer. Serve with shredded sharp cheddar cheese & Fritos.

TURKEY ROTINI SALAD

Submitted by: Judy Gayle, Office Services

4 oz. rotini noodles – corkscrew shape (about 1 ½ cups dry)
¾ c. broccoli flowerets
¾ c. sliced carrots
1½ c. cooked cubed turkey breast
3 Tbsp. nonfat Italian or ranch style dressing

Cook pasta according to package directions, omitting salt and oil. Drain and cool. Add vegetables and turkey. Toss with dressing. Yield: 5 cups (5 servings)

VEGGIE SALAD

Submitted by: Lisa Bivens, Fiscal Services

1 head cauliflower
2 c. shredded cheddar cheese
1 small red onion, chopped
1 jar black olives chopped
1 jar real bacon bits
1 bunch broccoli
2 c. shredded Monterey jack cheese
¼ c. red wine vinegar
1 c. mayonnaise
1 c. feta cheese

Mix all ingredients and put into refrigerator. Better flavor if prepared and chilled overnight!

THIS AND THAT

Buffalo Chicken Dip

Christmas Mix

Country Ham Dip

Cucumber Dip

Easy Roll Up Sandwiches

Fruited Cheese Ball

Hamburger Dip

Light Taco Dip

Low-Fat Pineapple Cheese Ball

Low-Fat Ranch Cheese Ball

Maggie's Rolo Pretzel Treats

Mini Pizzas

Quick and Easy Salsa

Sausage-Cheese Dip

Scott County Cheese Dip

Scrambled Tuna Fish

Shrimp Crab Dip

Snack Mix

Spam Cheese Bake

Swiss Ham Ring Around

Tennessee Caviar

Tex Mex Dip

Tomato Dumplings

Tomato Sauce

Tortilla Chip Dip

Home Made Insect Repellant

BUFFALO CHICKEN DIP

Submitted by: Rose Mary Corbett, Washington County

2 8-oz. bars of cream cheese
1 8-oz bottle of blue cheese dressing (you can use ranch)
1 large can of chicken, drained
½ cup of Franks hot sauce (This is very mild, but lots of flavor). If using a different type of hot sauce, add to your tasting.
8 oz shredded cheddar cheese

Mix all ingredients together except cheddar cheese and pour into baking dish. Top with cheddar cheese and bake on 350° until bubbly, about 25 minutes. Serve with tortilla chips

CHRISTMAS MIX

Submitted by: June Vanatta, Fiscal Services

3 c. Cinnamon Toast flavor cereal
2 c. Chocolate bears-shaped graham snacks
2 c. Peanuts
1½ c. red and green M & M's

Mix in large bowl.

COUNTRY HAM DIP

Submitted by: Linda Wilkerson, Area Manager, Dyer County

2 8-oz. pkg. cream cheese (softened)
1 8-oz. sour cream
1 - 2 c. chopped country ham (cooked)
1/8 tsp. garlic powder

Topping
1 c. chopped Pecans
2 Tbsp. melted margarine
2 Tbsp. Worcestershire sauce

Mix cream cheese, sour cream, ham and garlic. Place in oven proof bowl. Sauté ingredients for topping and place on mixture. Cover bowl. Bake @ 325° for 25 minutes. Uncover halfway through. Serve with Fritos or toast points. Enjoy!

CUCUMBER DIP

Submitted by: Heather Dragon, Coffee County

1 medium to large cucumber
1 8-oz. cream cheese (regular or fat free)
Garlic salt

Peel cucumber. Put cream cheese block into bowl and melt in microwave until soft. Grate cucumber (using cheese grater) or chop using chopper into bowl containing the cream cheese. Sprinkle garlic salt to preferred taste. Chill.

Serve with plain ruffled chips. Enjoy!

EASY ROLL UP SANDWICHES

Submitted by Jody Southerland, Morristown Family Assistance Service Center

1 package large flour tortillas
1 package of ham, turkey, or roast beef
1/4 c. mayonnaise
1 cream cheese (The whipped in the small tub works best)
1 small can diced black olives

Mix together cream cheese, mayonnaise, and olives in a mixing bowl. Spread the mixture onto tortillas. Arrange choice of meat on top of the spread. Roll up and place in the refrigerator for at least 4 hours. Take them out and slice them. (Each one will make 12-14 roll ups). * You can also dice in green onion for an extra zest.

This is a great recipe to make the day before you need it!!!

FRUITED CHEESE BALL

Submitted by: Anita Presley, Inspector General's Office and Finance & Administration Division

1 (8-oz) pkg. cream cheese, softened
4 oz sharp cheddar cheese - shredded (1 c)
1 Tbsp honey
1 c. cut up dried fruits and raisins
nuts, chopped

With mixer or processor, beat cheeses and honey until light and smooth. Stir in 1 cup fruit. Chill until firm enough to shape. Shape into 2 balls. Press nuts on top of balls to cover. Wrap or cover tightly; keeps in refrigerator 2 weeks. For easier spreading, let stand at room temperature 1 to 2 hours before serving.

HAMBURGER DIP

Submitted by: Brandon Rines, Morristown DHS

1lb. ground chuck or hamburger
1 8 oz. package cream cheese
1 8 oz. can Hunt's Tomato Sauce
1/3-1/2 c. fresh, grated Parmesan cheese
1 small, whole garlic head, chopped finely*
½ c. chopped onion
3/4 tsp. oregano
3 Tbsp. of ketchup
1 dash of salt and pepper
Package of Frito Scoops

Brown ground beef, onion, and garlic. Drain excess fat. Stir in tomato sauce, ketchup, oregano, salt and pepper. Simmer for about 10-12 minutes. Drain excess fat if needed. Reduce heat to warm, and add cream cheese and Parmesan cheese; mix well. Serve with Frito Scoops. Warm dip periodically in microwave as needed. You'll love this dip! It's a party favorite!

* - Amount of garlic can be reduced to suit your tastes.

LIGHT TACO DIP

Submitted by: Raeann Brink, Knox County Child Care Assessment

1 pkg. taco seasoning (Old El Paso)
1 8-oz. carton sour cream (reduced-fat)
1 8-oz. pkg. cream cheese (reduced-fat)-softened
1 pkg. of Mexican shredded cheese-2 cups (2%)
Shredded lettuce and chopped tomato, optional

Beat sour cream and cream cheese together. Add seasoning packet. Stir. Spread into a 9x13 pan. Spread cheese on top of the cream cheese mixture. Top with shredded lettuce and tomatoes. Dip with your favorite corn chip.

LOW-FAT PINEAPPLE CHEESE BALL

Submitted by: Verhonda Hembree, Scott County

2 (8 oz,) pkgs. low fat cream cheese
1 sm. can crushed pineapple (4 or 5 oz.) drained well
¼ c. chopped onion
¼ c. chopped green pepper
chopped pecan pieces

Mix together cream cheese, drained pineapple, onion, and green pepper. Roll into ball, then roll in pecans. Wrap and chill 2 hrs before serving with assorted crackers.

LOW-FAT RANCH CHEESE BALL

Submitted by Verhonda Hembree, Scott County DHS

2 pkgs. low-fat cream cheese
1 pkg. dry ranch dressing mix
bacon bits

Mix together cream cheese and ranch dressing. Roll into ball and roll in bacon bits. Wrap and chill 2 hrs before serving with assorted crackers.

MAGGIE'S ROLO PRETZEL TREATS

Submitted by: Anola B. Crunk, Shelby County Family Assistance

1 bag of small pretzels. I use the square ones by Snyders. Can use the small semi-round ones.

1 bag of Rolo candy. You can buy the individual candy bars of Rolo's at Kroger on sale that are more economical and have about 7 pieces to the bar.

Pecan halves

Preheat oven to 200°. Line a cookie sheet with foil and spray with Pam. Place the individual pretzels on the foil--maybe ¼" separating each pretzel. Place 1 unwrapped Rolo on the center of each pretzel and place the cookie sheet in the oven for about 2 minutes. You only want the Rolo to soften slightly. Remove from oven and immediately press a pecan half on top of the Rolo which will spread the chocolate close to the edges of the pretzel. I normally count out the number of pecan halves I need prior to placing the Rolo's in the oven so that the minute they come out I can quickly place and press them on.

These look great and taste great with the salty/sweet flavor. People think you spent hours preparing them and it takes no more than 10 minutes. Unwrapping the candy is the hardest part of this recipe.

MINI PIZZAS

Submitted by: Dale Rooks, Child Care Licensing

Preheat oven to 350°. Separate six English Muffins and place halves on a cookie sheet to yield 12 mini pizzas. Spread your favorite tomato sauce on the muffins; sprinkle with garlic. Sprinkle each muffin with cooked sausage, shredded cheese, and mushroom pieces. Bake in the oven until the cheese melts.

You may add other toppings such as green peppers, onions, olives, and cooked ground beef if you like.

QUICK AND EASY SALSA

Submitted by: Raeann Brink, Knox County Child Care Assessment

2 cans Del Monte diced tomatoes with Jalapenos, undrained
1/4 c. finely chopped cilantro, stems removed
1/2 lime, freshly squeezed
1/2 finely minced onion, or to taste
1 Tbsp. Tiger Sauce, or to taste (hot/sweet sauce)

Combine all ingredients. Serve with favorite corn chip.

SAUSAGE-CHEESE DIP

Submitted by: Pam Taylor, Office Services

1 lb. hot sausage
1 lb. ground beef
1 large onion, chopped
1 can chopped green chilies
1 can jalapeno relish (can use canned jalapenos run through the blender if you cannot find the relish)
1 can cream of mushroom soup
2 lb. Velveeta cheese, cubed

Crumble, brown, and drain sausage and ground beef. In large crock-pot, add meat and all other ingredients. Cook on low heat 4-6 hours. Serve with tortilla chips. (For hotter dip, more jalapenos can be added.)

SCOTT COUNTY CHEESE DIP

Submitted by: Verhonda Hembree, Scott County DHS

5 pound box Velveeta cheese
1 pound hot sausage, cooked and drained well
1 pkg. dry ranch dressing mix
2 c. milk

Mix all above items in crock-pot and cook on low setting till cheese is melted. Serve warm from crock-pot with assorted chips. Can add hamburger, cooked and drained (1 lb.), if you like a meaty dip.
In Scott Co., we have to double this recipe as it is a favorite.

SCRAMBLED TUNA FISH

Submitted by: Randall Sexton, Adult Protective Services

One of my favorite dishes is what I call a Scrambled Tuna Fish. It sounds gross to some people, but some of my friends actually like it too.

Drain a small can of tuna fish; combine with three eggs along with a tablespoon of mustard. Then place in a frying pan on high heat, scramble ingredients like you would scramble eggs. Then serve in the form of a sandwich and or serve as is.

SHRIMP CRAB DIP

Submitted by: Stacy Rogers, Dyer County

1 can shrimp/crab meat, (found where tuna is located in grocery)
1 jar of cocktail sauce
1 tile of cream cheese
1 box of Ritz crackers

Put cream cheese in middle of plate. Pour shrimp/crab meat over cream cheese. Pour cocktail sauce over meat and cheese. Use crackers to dip.

SNACK MIX

Submitted by: Charrita Teague, McKenzie FASC

1 box Quaker Toasted Oat Squares
1-2 c. of pecans
1 package of Craisins (Cranberries)
1 c. light Karo syrup
1 c. packed brown sugar
1 c. butter (not margarine)

Preheat oven at 250°. Toss the pecans and cereal and layer in a jelly roll pan (any large shallow pan will do). Cook the sugar, syrup and butter in a pot over medium high temperature. When mixture reaches a boil, cook one minute more. Pour over pecan and cereal mixture. Toss well to coat thoroughly. Bake for one hour, tossing every ten minutes. The last 20 minutes, add the Craisins (cranberries) and toss well. Let cool, store in an airtight container; it will keep for weeks. Enjoy!

SPAM CHEESE BAKE

Submitted by: Lydia Tarpy, Shelby County DHS

6-8 medium potatoes, sliced
3 Tbsp. butter
1 medium onion, chopped
1/2 tsp. paprika
1/8 tsp. dried thyme
2 Tbsp. flour
1 tsp. dried mustard
1 tsp. salt
1/2 tsp. pepper
1 c. light cream
2 c. Spam cubed
1 c. sharp cheddar cheese, shredded

Preheat oven to 350°. Cook sliced potatoes in boiling salt water for 15 minutes. Drain, save 1 cup liquid. Place potatoes in casserole dish. Melt butter in large skillet. Add onions and brown slightly. Add paprika, thyme, flour, mustard, salt and pepper. Stir in potato liquid and cream. Cook until thick, stirring constantly. Add Spam and 1/2 cup cheese. Pour skillet contents into casserole dish and toss lightly. Sprinkle remaining cheddar cheese over top. Bake at 350° for 45 minutes.

SWISS HAM RING AROUND

Submitted by: Linda Tarpy, Shelby County DHS

1 c. fresh or frozen chopped broccoli, uncooked
1/4 c. chopped parsley or 2 Tbsp. parsley flakes
2 Tbsp. finely chopped onion
1 Tbsp. prepared mustard
1 Tbsp. margarine, softened
1 tsp. lemon juice
3/4 c. shredded Swiss cheese
1 can chunk ham, drained
1 8-oz can crescent rolls
grated Parmesan cheese

Preheat oven to 350°. Cook and drain broccoli. In large bowl, combine parsley, onion, mustard, margarine and lemon juice. Blend well. Add cheese, broccoli and ham; mix lightly. Set aside. Separate crescent dough into 8 triangles. On greased cookie sheet, arrange triangles, points toward outside, in a circle with bases overlapping. Center opening should be about 3 inches in diameter.

Spoon ham filling in a ring evenly over bases of triangles. Fold points of triangles over filling and tuck under bases of triangles at center of circle. Sprinkle with Parmesan cheese . Bake at 350 degrees for 25 to 30 minutes or until golden brown. Serve hot. 6 servings.

Tip: To make ahead, cover and refrigerate for up to 3 hours. Bake 30-35 minutes at 350°.

TENNESSEE CAVIAR

Serves 30 Appetizer Portions

Submitted by: Michael McMeans, Systems

3 (15 oz.) cans black-eyed peas drained
1 large green bell pepper, chopped
1 large onion chopped
½ c. chopped jalapeno peppers
½ c. hot salsa
¼ c. cider vinegar
¾ c. sliced green olives
¾ c. Italian salad dressing
2 bay leaves
1 tsp. salt

Combine all ingredients; mix well. Chill covered overnight. Remove bay leaves. Serve with dip-size corn chips.

TEX MEX DIP

Submitted by: Judy Gayle, Office Services

½ to 1 c. mayonnaise
½ c. sour cream
taco seasoning mix to taste
2 or 3 avocados (buy the guacamole dip, it is easier)
1 Tbsp. lemon juice (I don't think you will need this if you buy the guacamole dip)
1 or 2 cans bean dip
3 tomatoes, chopped
6 green onions, sliced
1 green pepper, chopped
½ to 1 can ripe olives, sliced (if you don't like olives, leave them out)
2 c. shredded Cheddar cheese
1 or 2 pkg. corn chips

Blend mayonnaise, sour cream and taco seasoning mix in bowl. Layer bean dip, mayo mixture, avocado (guacamole dip) tomatoes, onions, green pepper, olives and cheese in center of 15 inch serving plate. Place corn chips around dip
Yield: 15-20 servings

TOMATO DUMPLINGS

Submitted by: Audrey Dale Sullivan, Child Support Fiscal Services
I've eaten these since I was a little kid, but find many people have never heard of them.

2 large cans of crushed tomatoes (20 oz or more)
sugar to taste
butter or margarine (to top before serving)
dumplings (recipe below)

All-purpose Drop Dumplings

2 c. all-purpose flour
4 tsp. baking powder
1/2 tsp. salt
3/4 c. milk

Dump tomatoes in large pot and bring almost to boil to mix in sugar; stir well and turn down to simmer.
Mix flour, baking powder, and salt in a mixing bowl. Add milk and stir to make a soft dough. Add a little more milk or flour, if dough is too thin or stiff. Drop dough from tablespoonfuls into simmering tomatoes. Cover tightly and cook for about 15-20 minutes without removing cover. When done, put into large bowl and dot liberally with butter or margarine. Serve hot and watch them disappear! Whether breakfast, lunch, or dinner, the bowl usually comes back empty!

TOMATO SAUCE

Submitted by: Jim O'Baid, Fiscal Services

1 clove garlic (crushed)
olive oil (enough to lightly cover bottom of pan)
1 or 2 cans – tomatoes (whole or crushed)
1 can tomato paste
2 – 3 cans water (use paste can)
1 Tbsp. salt
2 or 3 Tbsp. sugar (or to taste)
basil – leaf or crushed

In blender put 1 can tomatoes, 1 can water, salt and sugar and blend. Then sauté garlic in olive oil and when golden brown, add tomatoes (if using 2 cans, blend 2nd can and add to saucepan). Add bay leaf or crushed basil. Cook on low heat for 1 hour.

TORTILLA CHIP DIP

Submitted by: Brigette Rocha, Hamilton County Families First

1 8-oz.pkg. cream cheese
1 8-oz. container of sour cream
1 pkg. of taco seasoning
chopped lettuce
shredded cheese
bag of corn tortilla chips (Guacamole chips are great with this!)

Time: About 5 to 10 minutes

In a medium size bowl, mix the package of cream cheese with a few large spoonfuls of sour cream. (Cream cheese is easier to mix when it's about room temperature.) Mix together with a fork until you get a paste-like mixture, adding a little more sour cream to make the mixture mix a little better. (If you use a hand mixer, it seems to make it a bit too pasty for my taste.) Only add a little sour cream at a time to avoid adding too much. When it seems like a good consistency, add about half the packet of taco seasoning into the mixture. You can always add more taco seasoning later if it's not as flavorful as you'd wish. When the mixture is completely mixed up to a dip-like consistency, take a knife and spread it onto a small plate in a layer about half an inch thick or less. Add shredded cheese and lettuce on top. You can also add tomatoes, onions, peppers of all kinds... whatever you wish. I use Colby & Monterey Jack shredded cheese but you can use any type that you like. Scoop up dip with the tortilla chips and enjoy! This is a very open recipe with tons of room for experimentation.

HOME MADE INSECT REPELLANT

Submitted by: Candace L. Thompson, Wayne County, DHS

This is a very easy recipe

Take 1 bottle of your favorite hand lotion
Add about 15-20 drops of **one** of the following essential oils (found at a health food store): Lemon grass Essential Oil, Citronella Essential Oil, or Lavender Essential Oil.

Shake well before each use. Then generously apply to all exposed skin before going outside.

Note: there are many other Essential Oils that repel insects, but these are the most common. This is a safe, non-toxic way to protect yourself and your loved ones!

VEGETABLES AND SIDE DISHES

Baked Beans

Broccoli Casserole

Buttery Carrots

Cheese Grits Soufflé

Chicken Spaghetti Casserole

Corn Casserole

Corn Casserole #2

Corn Casserole #3

Corn Casserole #4

Corn Soufflé

Crazy Coleslaw

Crock-Pot Corn

Fried Green Tomatoes

Fried Macaroni and Cheese

Hash Brown Casserole

Herbed Green Beans

Jennifer's Broccoli & Rice Casserole

Mama Jean's Macaroni & Cheese

Onion Roasted Potatoes

Potato Casserole

Scalloped Pineapple

Spinach Maria

Stewed Tomatoes

Tater-Tot Casserole

Vegetable Casserole

Western Stripteasers

BAKED BEANS

Submitted by: Marie Blair, Family Assistance District Director, District 3

2 large cans pork 'n beans
½ c. catsup
1/4 c. barbecue sauce
½ tsp. celery seed
1 Tbsp. A-1 sauce
3 Tbsp. brown sugar
1/4 c. molasses
1 Tbsp. vinegar
½ tsp. dried mustard
1 medium onion chopped
½ to 3/4 lb. ground beef

Chop onion and combine with ground beef. Brown the ground beef and drain very well. Combine all other ingredients and bake 35 to 40 min. @ 350°.

BROCCOLI CASSEROLE

Submitted by: Julie McDowell, Vocational Rehabilitation

10-oz. chopped broccoli* (fresh or frozen)
12-oz. cottage cheese
1/4 lb. sharp cheddar cheese
3 eggs
1 Tbsp. melted butter
3 Tbsp. all-purpose flour

Bring broccoli to boil (as if preparing for a side). Drain. Set aside. Beat eggs. Add flour, butter and cottage cheese. Add broccoli. Place in an 8X8 baking dish. Grate cheddar cheese over the top. Place in oven at 350° for 45-55 minutes. *Can also use Spinach or Squash.

BUTTERY CARROTS

Submitted by: Judy Gayle, Office Services

2 lbs carrots, peeled and grated
2 Tbsp. water
1 Tbsp. salad oil
½ tsp. finely chopped garlic
½ tsp. salt
1/8 tsp. pepper
1 Tbsp. dry butter substitute

Place carrots in skillet with tight-fitting lid. Add water, salad oil, garlic, salt, and pepper. Toss lightly. Cover skillet and cook over medium heat 10 to 15 minutes or until tender, stirring occasionally. Remove from heat. Sprinkle butter substitute over mixture; blend and serve.

CHEESE GRITS SOUFFLE

Submitted by: Cindy L. Locklear, Sequatchie County

3 c. water
1 c. quick grits
1 stick of butter, cut up in pieces
2 eggs, whisked
1 roll of Kraft garlic cheese, cut up in pieces
salt & pepper to taste

Add one cup of quick grits to 3 cups of boiling water. Turn down to medium heat and cook for a few minutes until thickening starts. Remove from heat and add the butter, eggs, and cheese. Use a hand mixer or whisk to stir until blended. Add salt and pepper to taste. Pour into ovenproof dish, and bake in a 350° oven for about 30 minutes, or until firm in the middle. Serve hot-yum! A great traditional southern dish to enjoy at any meal!

CHICKEN SPAGHETTI CASSEROLE

Submitted by: Sarah Nowlin, Appeals and Hearings

3-4 Tbsp. margarine or canola oil
1 c. chopped celery
1 c. chopped onion
3/4 c. chopped green pepper
1Tbsp. flour
1 large jar sliced pimentos, drained
1 ½ c. chicken broth
1 c. skim milk
10 oz. can mushroom soup
2 c. cooked chicken breast, diced
3-4 c. cooked spaghetti
Grated Mexican or American cheese
Cracker crumbs

Sauté celery, onion, bell pepper in 3-4 Tbsp. margarine or canola oil. Stir in flour, chicken broth and milk. Add mushroom soup and pimentos. Simmer for 20 minutes. Cook chicken. Cook spaghetti according the directions. Layer sauce, spaghetti and chicken. Repeat. Top with grated cheese and cracker crumbs. Bake 45 minutes at 350° or until bubbly.

CORN CASSEROLE

Submitted by: Margo Mathis, Licensing Unit, Knoxville

2 cans shoe peg corn
1/2 pint whipping cream
3 tsp. flour
1 stick margarine. (I prefer to use ½ stick of margarine)

Melt margarine in bottom of casserole dish then add corn, whipping cream and flour. Bake on 350° for 30 minutes. Let set for 5 minutes before serving.

CORN CASSEROLE #2

Submitted by: Michelle Leverette, McKenzie Family Assistance Service Center

1 can cream corn
1 can whole kernel corn (do not drain)
2 eggs
1 stick of butter
8 oz. sour cream
1 box Jiffy Cornbread Mix
2 c. shredded cheddar cheese

Melt butter. Mix all ingredients together in 9 x 13 dish or similar size casserole dish except for 1 cup of cheese. Top mixture with 1 cup of cheese. Bake at 350° for 35 - 45 minutes. It should start to brown around the edges and a knife inserted in center should come out clean. This is an excellent casserole everyone loves and is very inexpensive to make.

CORN CASSEROLE #3

Submitted by: April Alderman, Bradley County

2 cans creamed corn
2 cans whole kernel corn (undrained)
2 boxes Jiffy corn muffin mix
16-oz. sour cream
2 sticks butter/margarine

Preheat oven to 350°. Place two sticks of butter in 9x13 baking dish and place in oven to melt while preheating. Mix together rest of ingredients. Bring dish out of oven and pour mixture into dish. Stir melted butter into mixture well. Bake for one hour. You will be a hit at holidays! (Recipe can be halved for smaller dish.)

CORN CASSEROLE #4

Submitted by: Ricky Smith, Williamson County

1 box Jiffy Corn Muffin Mix
1 egg
1/3 c. milk
1 can of creamed corn
salt and pepper to taste

Mix all ingredients together and spread into casserole dish. Place small pats of butter on top. Bake at 425° until toothpick inserted comes out clean – about 25-30 minutes. Serve from dish or serving bowl.

This can be doubled, tripled, quadrupled...depending on size of gathering. Just make sure you have a big enough dish.

This is about as southern as you can get, plus it's very easy. You can make as much or as little as needed.

CORN SOUFFLE

Submitted by: Teresa Allgood, Vocational Rehabilitation

1 can cream corn
½ c. milk or cream
1 egg, beaten
2 Tbsp. flour
3 Tbsp. sugar
3 Tbsp. butter

Mix all ingredients; pour into greased, 8"x8" baking dish. Bake 1 hour in a preheated 350° oven (325° oven for glass dish). Bake until knife comes out clean.

CRAZY COLESLAW

Submitted by: Cynthia Strunk, Hamilton County

Slaw mixture:
1 - 1 lb. package of coleslaw mix
1 bundle of green onions (to taste) - chop green part only
½ c. salted and roasted sunflower seed kernels
1 c. sliced almonds
1 package beef Ramen noodles (break up noodles)

Dressing:
Beef Ramen noodle seasoning packet
1/3 c. vinegar
¼ c. vegetable oil
½ c. sugar

Combine coleslaw ingredients in a large bowl. In a small saucepan, combine dressing ingredients and bring to a boil. Pour dressing over the slaw mixture and mix well.

CROCK-POT CORN

Submitted by: Janet Morris, Tennessee Rehabilitation Center at Smyrna

1 package frozen white corn
1 package frozen yellow corn
¼ c. of sugar
1 8-oz. pkg. of cream cheese

Put crock pot on medium to high and place all ingredients in the crock pot. Cook for two hours and serve.

FRIED GREEN TOMATOES

Submitted by: Linda Wilkerson, Area Manager, Dyer County

3 medium green tomatoes (1/4 inch slices)
1 egg, beaten
1/4 c. plain cornmeal
1/4 c. grated Parmesan cheese
2 Tbsp. all-purpose flour
3/4 tsp. garlic salt

Mix dry ingredients. Dip each tomato slice in egg, then in dry mixture. Fry in hot oil for approximately a minute on each side.

Here is the secret. Spread slices of tomatoes on a paper towel and sprinkle with salt. Let them drain 30 - 60 minutes before dipping. This takes the bitterness and extra moisture from the tomatoes and helps them to fry crisper.

FRIED MACARONI AND CHEESE

Submitted by: Tony Dabit, Appeals and Hearings

This works great with leftover macaroni and cheese, but can also be made by baking macaroni and cheese and then leaving it in the fridge overnight.

1 c. flour
1 tsp. salt
1 tsp. pepper
2 eggs beaten
1 c. bread crumbs seasoned with salt, pepper, cayenne, and garlic powder
Oil for deep frying

Preheat oil to 375°. Cut refrigerated macaroni and cheese into rectangles. Season the flour with salt and pepper. Coat the rectangles in flour, shaking off any excess. Dip the rectangles in the egg wash and then coat with the bread crumbs. Drop into the oil and fry until golden brown. Drain on a wire rack or paper towels. Serve immediately with any dipping sauce you like.

HASH BROWN CASSEROLE

Submitted by: Star Castle-Warren, Appeals and Hearings (Johnson City District Office)

1 bag Simply Potatoes hash browns (frozen hash browns don't work as well)
1 can cream of chicken soup
1 8-oz. bag shredded cheddar cheese, SHARP
onion, diced, approximately ½ small or 1/4 large-more or less to taste
1 8-oz. sour cream

Combine the raw potatoes with the other ingredients in a 9 x 13 glass pan. Melt 1 stick butter, and pour over the top; add salt and pepper and bake at 375° in the middle of your oven until the bottom is golden brown--approximately 35-40 minutes. You may also crush a roll of Ritz crackers and top the cheese mixture with that prior to adding the butter, but if adding crackers, put on a lower oven rack so the crackers won't burn. (Even better the second day)

HERBED GREEN BEANS

Submitted by: Judy Gayle, Office Services

1 pound fresh green beans, stem ends removed
1 tsp. olive oil
2 Tbsp. chopped fresh basil or 2 tsp. dried basil leaves

Steam green beans 5 minutes or until crisp-tender. Rinse under cold running water; drain and set aside.
Just before serving, heat oil over medium low heat in large nonstick skillet. Add basil; cook and stir 1 minute, then add green beans. Cook until heated through. Garnish with additional fresh basil, if desired. Serve immediately.
Makes 6 servings. Nutritional Information per serving: Calories: 26, Total Fat: 1g, Cholesterol: 0 mg, Sodium: 10 mg.

JENNIFER'S BROCCOLI & RICE CASSEROLE

Submitted by: Linda Sue Goodman, McMinn County

2 pkg. broccoli
1/2 onion, chopped
1 can cream of chicken soup
or mushroom soup
1 8-oz Cheese Whiz
1 c. uncooked minute rice
1 stick butter
3/4 c. water
½ c. water chestnuts

Combine and bake at 350° for 45 minutes.

MAMA JEAN'S MACARONI & CHEESE

Submitted by: Wilma Davis, Haywood County

1 pkg. of Ronco large elbow macaroni
1 can of Campbell's Cream of Chicken Soup
1 pkg. of Kraft mild cheddar cheese

Prepare macaroni according to package directions; drain and cool. Add cream of chicken soup. Grate cheese & sprinkle small portion in pasta. Layer macaroni & cheese in cookware. Cook in oven additional 5 or 10 minutes. Serve hot! *Two packages of cheese can be added * * Increase ingredients for larger group*

ONION ROASTED POTATOES

Submitted by: Margie Jarvis, Meigs County

1 envelope Lipton onion recipe soup mix
1/3 c. vegetable oil
2 lbs. potatoes cut into chunks

Preheat oven to 450°. In large plastic bag, add all ingredients. Close bag and shake until potatoes are evenly coated. Empty potatoes into shallow baking or roasting pan; discard bag. Bake for 40 minutes, turning occasionally, or until potatoes are tender and golden brown. Serves 8.

POTATO CASSEROLE

Submitted by: Linda K. Wright, Appeals and Hearings

1 large bag frozen shredded potatoes
¼ c. butter
1 can cream of chicken soup
1 pint sour cream
2 c. grated cheddar cheese
½ c. green onions, chopped
2 Tbsp. margarine, melted
1 c. corn flake crumbs

Completely thaw and drain potatoes. Over medium heat, combine margarine, soup, sour cream and cheese until heated. Stir in potatoes and green onions. Place in 9 x 13 inch casserole dish. Cook 30 minutes at 350°. Combine 2 Tbsp. melted butter and corn flake crumbs. Cover casserole with crumbs and bake another 20 minutes.

SCALLOPED PINEAPPLE

Submitted by: Linda Lloyd, Montgomery County DHS

6 – 7 slices bread
1 stick butter
¾ c. sugar
4 eggs
1 regular size can crushed pineapple
1 tsp. vanilla

Break up bread into small pieces and put into casserole dish (I use a loaf pan.). Melt butter in saucepan and add sugar, stirring until dissolved. Once dissolved, add crushed pineapple. Mix well; add beaten eggs to mixture, then vanilla. Pour over bread and mix well. Bake at 350° for about 45 minutes to 1 hour. Top should be brown. This is a great side dish with pork, ham, etc.

SPINACH MARIA

Submitted by: Tammy Judd, Knox County

2 pkgs. frozen chopped spinach
1 med onion, finely chopped
1 Tbsp. margarine or butter
1 (8 oz) cream cheese
3/4 c. grated Parmesan cheese
½ tsp. ground cayenne pepper or a few drops hot sauce

Cook spinach according to package directions and drain on paper towels, squeezing out excess water. Sauté onion in butter until tender. Add cream cheese and stir until melted. Add spinach, Parmesan cheese and cayenne pepper or hot sauce. Cook several minutes until well blended. Place in a greased casserole dish and bake at 350° for 30 min. I also place Parmesan cheese on the top.

STEWED TOMATOES

Submitted by Joyce George, DHS Personnel

1 can diced tomatoes
¼ stick of margarine
½ c. of sugar
dash of black pepper
dash of cinnamon
2 slices of bread (white or wheat)

Combine tomatoes, margarine, sugar, pepper, and cinnamon in a saucepan. Heat until boiling. Break or cut bread slices into pieces (approx. ¾ inches) and fold into tomato mixture. Cook with medium heat about 2 minutes. Remove and serve as side dish with other vegetables.

TATER-TOT CASSEROLE

Submitted by Donny King, Program Review

1 lb. ground beef
1 can cream of mushroom soup
1 can tomato paste (optional)
sliced cheese
tater-tots

Brown ground beef, drain. Stir in soup and tomato paste (if desired). Stir in soup and tomato paste (if desired). Pour into small casserole dish. Cover with sliced cheese. Top with tater-tots. Bake according to directions on tater-tots. This recipe can be modified as desired. Add onions, peppers, mushrooms, or other items to the ground beef mixture.

VEGETABLE CASSEROLE

Submitted by Donny King, Program Review

1 bag California Blend Vegetables (Broccoli, Cauliflower, Carrots)
1 pound Velveeta
1 tube Ritz Crackers
1 stick butter or margarine

Prepare the vegetables according to the package directions. Place in 9 X 9 casserole dish. Cover with sliced Velveeta. Melt butter. Crumble crackers into butter. Top Velveeta with butter/cracker mixture. Bake at 350° for 25 minutes. Serves four. A double recipe fits a 9 X 13 casserole dish. If desired, a third bag of vegetables can be added to a double recipe. If you add a third bag of vegetables to a double recipe, more cheese is needed, but not more of the butter/cracker mixture.

WESTERN STRIPTEASERS

Submitted by: Judy Gayle, Office Services

4 med. potatoes, peeled
3 tbsp. butter
½ c. shredded American cheese
¼ c. chopped parsley
1 sm. can evaporated milk
salt and pepper to taste

Slice potatoes as for French fries. Arrange in baking pan. Dot with butter. Sprinkle with cheese and half the parsley. Pour in milk. Bake, covered with foil, at 425° for 45 minutes. Sprinkle with remaining parsley. Season with salt and pepper.